

PHNOM PENH

ASIALIFE guide

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March 2010

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Editorial

THE SEARCH FOR JUSTICE and truth is a recurrent theme in recent history, both globally and in Cambodia. Whether it is the truth and reconciliation tribunal in South Africa or the trial of Milosevic at the Hague, there is an evident need to hold those responsible for crimes against humanity to account. The current media frenzy in the U.K. surrounding the Iraq Inquiry reached a climax when former PM Tony Blair explained his version of the events that lead to Britain's involvement in the occupation of Iraq, which many observers claim contravenes international law. The building where the hearing took place was surrounded by protestors carrying 'Blair' placards.

The loss of life in Iraq, pales into insignificance in comparison with the darkest period in this country's history. Estimates vary, but around two million people died between 1975-9, about a fifth of the population of the time. The survivors were so traumatised that arguably the effects of this trauma are still evident in all walks of life within the Kingdom. The lack of proper closure for so many of the victims has made the collective process of healing and recovery more arduous.

It took many years for the Khmer Rouge Tribunal to finally get under way, and it is not without its critics, but shortly the first verdict will be handed

down. Kaing Guek Eav, or Duch as he is more commonly known, was the head of S-21 prison where conservative estimates are that 16,000 people were killed, after enduring the most inhumane treatment and torture. Anyone who has visited the former camp now turned tourist attraction will have been left in no doubt as to the brutal conditions within the place. Veteran reporter Luke Hunt has been following the trial since its beginning. He provides the background to the arrest and trial of Cambodia's most infamous Commandant.

One of the more interesting aspects of the tribunal is that ordinary people are civil parties. Phung-Guth Sunthary is one of them. Her father, Phung Thavy perished at S-21, ironically at the hands of one of his former students, for he taught Duch. The documentary 'About My Father' follows her pursuit for the truth. Her story is not unique. Nora Lindstrom writes about how Testimonial Therapy is being used to help Cambodians to come to terms with their past. The road is long, but the sentencing of Duch will represent a significant step for the countless victims of the worst atrocity in the second half of the twentieth century.

Mark Jackson
 Publisher – AsiaLIFE Guide



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**Qudy
Xu**

Qudy arrived in Cambodia from China in 1999. She worked in IT, managing a Business Institute and also owned a very eclectic – and financially ruinous – bookshop. In 2007 she joined the AsiaLIFE team as our sales manager.

She now lives in a house filled with an array of art supplies and canvases in various states of creation. She exhibits her work in galleries both in Phnom Penh and Siem Reap. Outside of AsiaLIFE Qudy plays Capoeira, swims, enjoys sitting without talking and working on her art. She also conducts leadership and values workshops. When asked about her hopes for the future, Qudy, an avid reader, quoted a line from Russian writer Anton Chekhov. ‘We shall find peace. We shall hear angels. We shall see the sky sparkling with diamonds.’ ‘Yes’, she says laughing. ‘That’s it!’

Seang Seiha has been working for AsiaLIFE since 2007 as our accounts and distribution manager. Prior to joining the AsiaLIFE team Seiha worked as an English teacher for three years at Chamkardaung School. He enjoys the independent nature of his work here at AsiaLIFE guide. When he is not distributing magazines or collecting payments Seiha enjoys shopping for stylish clothes, playing football, volleyball and badminton. Seiha is a graduate from UME University in Phnom Penh where he graduated with a Bachelor of Arts in English Literature. One of his favourite books is *To Kill a Mockingbird* by Harper Lee.



**Seang
Seiha**

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■ A CELEBRATION OF CAMBODIAN CRAFTS

Artisans d'Angkor pulled out all the stops on Jan. 22 at the opening ceremony of their new flagship store in Phnom Penh. Located opposite the Post Office, the state-of-the-art retail space stocks everything from stone replicas of traditional statues and bas reliefs to beautiful hand-woven silk clothing and accessories. For the official opening, a marquee had been set up in the square outside the shop. The distinguished guests were treated not only a grand buffet along with a free flow of sparkling wine, but also speeches by dignitaries, a fashion show featuring clothing from the women's collection, as well as operatic tunes by Japanese soprano Marie Jinai. Established as a small association in 1992, Artisans d'Angkor promotes Cambodian fine arts and crafts, and operates 12 workshops in Siem Reap.

■ FRENCH ART AT THE CHINESE HOUSE

Paris-based Galerie Thuillier opened its first exhibition in Asia at Phnom Penh's Chinese House on Jan. 22. Featuring works by over 30 mainly European artists, the exhibition's collection is an eclectic mix of a variety of styles, ranging from the highly abstract

to traditional still life. Hung according to colour, the artworks cover almost all spectrums of art. The sophisticated opening event, which featured jazz in the background and comfortable sofas to lounge on, was also attended by some of the artists, including Anne-Marguerite Andreu, Marie Bardot, Ann Dunbar, Andree Vayssiere, Anne-Marie Weyers and Marie-Noelle Lefebvre-Laporte. Created in 1998, the Galerie Thuillier organises over 20 exhibitions per year, comprised of over 4000 works of art. All artworks featured at Chinese House are for sale.

■ LATIN ROCK WITH BAD NEIGHBOUR

Jan. 23 saw the return of Bad Neighbour to the FCC. Treating the crowd to their signature mix of Latin-rock tunes, the Saigon-based band had the crowd grooving. As usual, Argentinean Claudio Duek led the way on vocals and rhythm guitar, this time wearing a curious T-shirt that seemed to flash in tune with the music. Despite the drizzle outside, the atmosphere was hot as the Penh's Latin-lovers yet again got a chance to swing their hips to the band's original takes on classic tunes. The gig was the group's first this year, but is unlikely to be the last, as Bad

Neighbour reportedly has a soft spot for playing at the FCC, and tend to return every few months.

■ ROCKY ROCK HEATS UP PENH

It was smoking hot at Fever Club on Jan. 23 as the establishment hosted DJ Rocky Rock, "the official Black Eyed Peas DJ". On a tour of SE Asia, the well-known Filipino hip hopper showed the Penh's clubbers where it's at by expertly mixing popular tunes to get the dance floor heaving. The evening started off with Bangkok-based DJ Tech 12 at the main turntable, while local DJ Achaya treated partygoers to house and electro in a separate room.

By the time Rocky Rock came on at midnight, the atmosphere was already intense. Playing a two-hour set, he brought international class to the club, which is a relatively newcomer on the Penh's clubbing scene. As was to be expected, the party carried on until the early hours of the morning.

■ NATIONAL MUSEUM HOSTS MCDERMOTT

American photographer John McDermott launched his new book, "Elegy: Reflections on Angkor" at a classy outdoor reception held at the National Museum on Jan. 27. Attended by a small crowd of foreign and local guests, the launch also entailed the

opening of an exhibition at the museum featuring 14 large black and white prints from the book. McDermott began photographing the iconic Angkor temples in 1995, intent on capturing the mystique and natural beauty of the temples before tourism takes over. His rather heavy, latest book beautifully showcases his work, including a favourite print entitled "Ascending the Temples". Elegy: Reflection on Angkor, can be purchased for US\$75 at Monument Books. To preview the book, visit www.asiaphotos.net/elegy/book.html

■ FOLSOM PRISON BLUES

Jan. 29 Repris de Justesse closed out their tour of Cambodia at classy club Studio 182. The rooftop was overflowing with drinkers and dancers who came out to see the band's final Phnom Penh gig. The eclectic band of musicians travels the world playing in prisons and raising money. This trip brought them to prisons all over the Cambodian countryside, where they were deeply appreciated. Organiser Nicola Balestrini said that many inmates were initially hesitant but soon warmed to the band and enjoyed the rare musical performance. The band's funky blend of old and current favorites as well as infectious

energy was loved by the guests at Studio 182 too, who shook their tails late into the night.

■ CELEBRATING CAMBODIAN CONTEMPORARY ART

Two exhibitions featuring top-end Cambodian contemporary art opened at Java Café & Gallery on Jan. 29. Upstairs, internationally renowned Meas Sokhorn displayed his latest creations. Must-see installation “Contemporary Art Museum” took centre-stage, featuring a web of waxy string and an old kitchen door. Through the piece, the artist comments on the lack of spaces in which local art can be exhibited. Downstairs, Sokuntevy Oeur’s exhibition “I Curl in My Mother’s Belly”, featured paintings in a style reminiscent of Mexican painter Frida Kahlo. Using childhood memories and feelings associated with a young Cambodian woman growing up, Tevy explores the complex roles of family and social relationships. The young twenty-something’s rising artistic star was evident, with her popular painting, “Wagging Tongue” selling even before the show opened. Both exhibitions run through Feb. 21.



■ BORN TO HAND JIVE

Classic cult-flick Grease was screened at FCC on Jan. 30, followed by an evening of dancing and performances. Fans of the iconic film were dressed in their doo-wop finest to relive their childhood memories of the film. The girls from Dance Workshop Cambodia also donned funky 50s style outfits, and treated the crowd

to routines based on moves from the musical. Organizer Laura Joy Kiddle led her young students through routines that ran the gamut from greasers to cheerleaders in an impressive array of dance styles. FCC staff also got into the action, decked out in funky wigs and outfits. DJ Cool Sam spun a mix of funk and soul to keep the party going strong all night long.

■ VIVA LA CAVA

Darlin’ Darlin’ club was packed with beautiful people who came out to see, be seen and down famous Spanish cava on Jan. 30. Serving up delectable Freixenet sparkling wine all night, the relatively new establishment pulled out all the stops. Guests were urged to arrive donning black or gold dresses, and later compete in a dance contest to win a year’s supply of bubbly. The party ran on to the early hours as revelers hit the dance floor or chilled out in the luxurious lounge to catch their breath between sets. Darlin’ Darlin’ wowed the crowd with their signature blend of models, bottle-juggling bartenders, and DJs playing the latest hits.

■ SCIENCE FOR PEACE

The Bridges Lecture series hosted Professor Torsten Wiesel on Feb. 3. The 1981 Nobel Laureate for Medicine is an accomplished scientist, human rights advocate and self-proclaimed “roving ambassador for peace.” He gave an inspiring speech to students, professors and visitors on the ways in which science can serve as a bridge across cultural differences towards peace. He described how scientific language cuts

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across race, religion and nations and can be a powerful instrument to show people a path towards greater understanding and compatibility. When asked by students how they could work towards a more peaceful society, Wiesel said the society must be educated so that it can elect leaders that care about providing the best for their people. An inspiring message indeed.

■ **DANCE OF LOVE**

The packed auditorium of Chenla Theatre was full of enthusiastic applause after the final performance of Duo pour bâton et corde, or Duet for Stick and Rope, by the Compagnie UBI on Feb. 3. In a flirtatious contemporary dance battle for power and love, the French male and female leads used a long thick rope and wooden baton to interpret their fervent emotions. The physically demanding art choreography was set to a mix of dizzying French drum beats and sluggish jazz notes, keeping the audience mesmerised. The performance was part of Dansez! Roam!, a series of free public dance acts

organised by the CCF and held at Chenla Theatre as well as Wat Botum park through February.

■ **SPOTLIGHT ON MADE IN CAMBODIA**

Feb. 4 Le Salon des Créateurs showcased 14 Cambodian and foreign painters, sculptors, designers and photographers from across the country at No Problem Park House. The event built Cambodian identity, displaying a variety of creations including skeletal trees by Sam-An, Catherine Theron's Kashaya Silk, Citadel's handmade swords and haute couture by Eric Raisina. Visitors to the colonial space were also able to catch a glimpse of on-site silk dying and weaving demonstrations, while video played a-behind-the-scenes feature on the production process behind each artist's work. Overall, the eccentric collision of funky designs and Khmer culture elegantly displayed the exciting future and reach of the country's homegrown art. The exhibition runs through Feb. 7.



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■ **RETURN OF ELSEWHERE**

The Russian Cultural Centre was the perfect venue for the First Friday Elsewhere party on Feb. 5. Also celebrating the centre's 30th anniversary, the merry bash attracted what seemed like most of Phnom Penh's expats to groove the night away. The evening kicked off early with screenings of Russian video art by Kamilla Lazart, but it was when DJ ClockWork Soul took over filling the dance floor with punters that the party really got going. A fire show by Roman Kip was a special treat, and the venue's pleasant garden made the event reminiscent of the good old Elsewhere parties on street 51. Though the US\$3 cover charge seems here to stay, the complimentary shot of vodka meant there were few complaints.

■ **MONSIEUR NU @ FCC**

Playing solid licks and soulful tunes, Monsieur Nu brought his distinct sound to FCC on Feb. 5. Calling himself a 'guitar gypsy', Mr Nu comes to Cambodia fresh from a world tour that brought him to Africa, Czechoslovakia, and India.

Singing in English, French and Spanish, the talented guitarist and songwriter serenaded an intimate crowd under a starry sky with classics like Hotel California and I Shot the Sheriff. Having spent almost two decades on the stage, the balladeer says he loves sharing the universal language of music, usually playing familiar tunes so the audience can sing along and reminisce.

■ **P. JAE STANLEY**

Like a welcome breeze flowing from Vietnam, the deep soothing female vocals of P. Jae Stanley carried through the warm evening air at the FCC on Feb. 6. Diners enjoyed P. Jae Stanley & Swackhammer's classic rock covers like "Fever" and "Johnny B. Goode" before a few adventurous couples took to the empty dance floor and danced up a storm. Outfitted in black and hailing from Saigon, the 5-piece jazz band played through the 60s, 70s, and 80s. Bobbing their heads and tapping their feet to the melodic beats, those sharing a cocktail or two were easily reminded that in Southeast Asia, fever doesn't just



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come in the morning, with top-notch vocals like these, a fever can burn through the night.

MUSICAL ADVENTURE AT CCF
Musical virtuoso Vincent Courtois brought a sense of musical magic to the capital on Feb. 6. Playing at the French Cultural Centre, the Frenchman joined forces with musicians from Battambang-based organisation Phare Ponleu Selpak, resulting in powerful, almost

painfully beautiful, melodies. Combining the classical cello with traditional Cambodian instruments, the group played long airs with haunting, otherworldly sounds fusing into compositions with an ever-increasing tempo. The garden setting and the captivating music put most of the audience under a spell, though some of its younger members were carried away by the tunes, eagerly dancing and clapping along. Emanating a joy of playing,

the musicians came together so well it was hard to believe the concert was the outcome of only a few days of working together.

SAINTS GO MARCHIN' IN
'Aints no more, as the New Orleans Saints won their first National Football League Championship in their 43 year franchise history. With two of the more prolific offenses in the history of the NFL the contest

was expected to be a gunslingin' shootout, but turned out to be more of a defensive struggle. A trick play to start the second half and later a huge defensive play would ultimately prove to be the deciding factors in the Saints 31-17 win over the Indianapolis Colts. "We played for our city. We played for the entire Gulf Coast region. We played for the entire Who Dat nation that has been behind us every step of the

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Saints

New Orleans finally has something to cheer about as homeboys The Saints beat Colts of Indianapolis in Super Bowl XLIV. Champions for the first time ever, The Saints kick off what might be the biggest Mardi Gras party the city has ever seen.

Beyonce

The RnB diva walks away from the Grammys with no less than six awards – single ladies all the way.

James Cameron

The man behind not one, but the two highest grossing films ever. Thankfully, it seems Avatar is actually a decent film, and doesn't have a theme tune by Celine Dion.

Costello

Aussies in the Penh are in a flurry as news of Peter Costello moving into Cambodian agriculture hit the capital.

Neapolitan Pizza

Thanks be the EU, we can now all be sure we get the real stuff when eating pizza in Naples – round, not more than 35cm in diameter, and no thicker than a third of a centimetre at its centre. Expect to pay a premium though.

GOING UP

GOING DOWN

Brangelina

Have they split? Is divorce near? Is the favourite show-biz couple on the brink? Do we really care?

Love

Having survived another Valentine's Day, singles everywhere can sigh in relief as the pressure to find your one true love is off at least for another year

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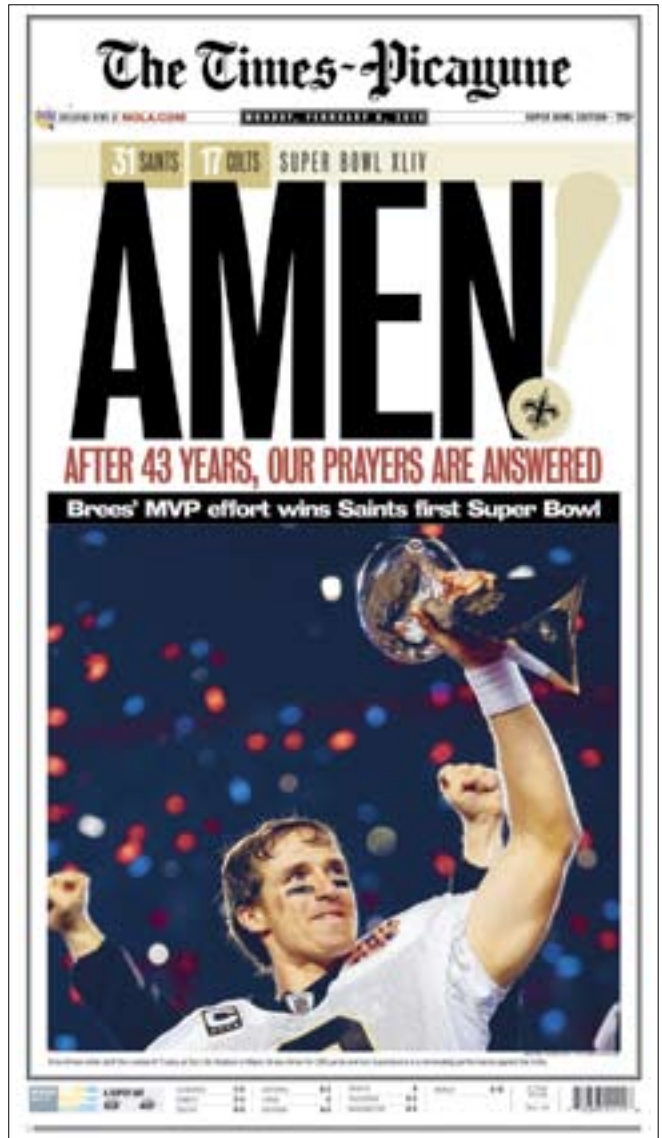
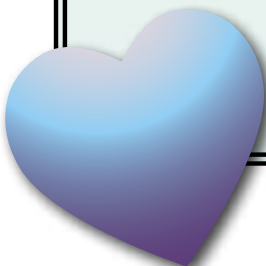
Sexy pictures of Khmer women are a no-go, says the government as it cracks down on websites

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way," said Drew Brees. Much to the joy of Who Dat Nation Expatriates everywhere.

■ **GOOD MORNING BEAUTIFUL**
Feb. 11 local filmmakers Good Morning Beautiful showed a sample of their latest project at Living Room. Free press advocates Radio Free Asia asked them to film a series of shorts along the Mekong, from the source in Tibet to the Vietnamese delta. The result is a beautiful, heartbreaking series of snapshots from the people whose entire lives revolve around the Mekong. Due to climate change and development and engineering, close to 70 million people may be affected in the next few years from the resulting effects. The film crew shared stories about their experiences filming, and spoke of their desire to turn the project into a vehicle that will ultimately help

the people they met. To view their work, visit www.rfa.org.

■ **SUITES AT CHENLA**
CCF's ongoing Dansez! Roam! series of contemporary dance continued in style on Feb. 12 at Chenla Theatre with a cross-cultural, musical performance. Dancing to Johann Sebastian Bach's six famous cello suites played by visiting musician Vincent Courtois and artists from Phare Ponleu Selpak, dancers from Amrita Arts had the packed audience spellbound. A highlight of the evening was well-known Cambodian dancer Belle Chumvan Sodhachiv's impassioned dance of death to the late German composer's second Suite in D minor. The enthralled theatre watched in horror as Belle's blindfolded body mimicked choking and imprisonment, interpreting a historic tale of the fate of Cambodian dancers. The last of

the suites however brought a more upbeat mood, with Phare Ponleu Selpak's five musicians showing just how well traditional Khmer instruments can work with classical European music.

CHINESE HOUSE RINGS IN THE NEW YEAR

The Year of the Tiger roared in on Feb. 13 at Chinese House with a special 1920s Shanghai themed party marking the occasion. Guests were welcomed with a celebratory shot at the entrance, after which the funky tunes of DJ JG from the UK and Papa Ours from France enveloped the partygoers. Later French female band Air Girls performed, before a traditional Chinese dragon dance toured the whole establishment. Though most in the mixed crowd had failed to dress up to the 1920s theme, some present had gone the extra mile, turning up in exquisite and fun outfits. Organised in collaboration with Melon Rouge photo agency, the party certainly proved a classy way in which to ring in Chinese New Year.

DREAMY PLAY AT GASOLINA
Over 40 students from the ISPP took to the stage at Gasolina on Feb. 13 for a performance

of Shakespeare's classic play A Midsummer Night's Dream. The popular establishment's garden was the perfect setting for the enchanting performance, which saw the high school students take on the well-known play and providing it with a few Cambodian quirks, including actors coming on stage in cyclos. Extravagant costumes, professional acting, and inventive use of space made the hour-and-a-half long performance utterly captivating. As the magical love tangle unfolded the audience were able to enjoy an especially created menu of food and drinks, or simply sit on mats and enjoy the performance.

ASIA CLUB CELEBRATES THE YEAR OF THE TIGER

Chinese-run establishment Asia Club showed on Feb. 13 how to celebrate in style the passing of the Year of the Ox and the arrival of the Year of the Tiger. With an open buffet and free flow of beer from the adjacent microbrewery Man Han Lou, the club treated guests to performances of traditional, ethnic Chinese dances, presented by a group of students from a town called Shangri-La in China. A North Korean performance followed, after which it



@Gasolina

was time for the customary Chinese lion dance and a lucky draw. Lit with Chinese lanterns, Asia Club's garden and poolside setting proved simply fantastic, creating a charming atmosphere which allowed some couples to celebrate Valentine's Day a night early.

EVENT VALENTINE'S TRAFFIC LIGHT PARTY DARLIN' DARLIN'

Red means stop, yellow means wait, and green means go, go, go. Feb. 14 saw the posh crowd at Darlin' Darlin' Club decked out in their colourful finest for Valentine's Day. Guests were encouraged to

wear red, yellow or green to signal their availability, or lack thereof, and many followed suit. The hot live band played all the popular favorites keeping people up and dancing until the early hours. The bars and table tops were quilted with flower petals to heighten the romantic feel and the lights were fiery red to heat up the crowd. At the peak of the evening, guests were treated to a performance by the waitresses, who gathered on the dance floor to shake a groove in a choreographed number to Robert Palmer's Simply Irresistible, a fitting theme song to the night.

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birthdays, promotions, dance, environment, swing



■ CNVLD TURNS TEN

From humble beginnings with two teams on a dirt court, Cambodian National Volleyball League Disabled (CNVLD) this year celebrates ten years of action and success with the 2010 Cellcard National Volleyball League at the Olympic Stadium. Starting in July, the nation's top ten teams will go head-to-head in a fierce battle for the championship, which includes the largest cash prize in Cambodian sports. Long acknowledged as one of the nation's most professional sports programmes, the 2010 Cellcard National Volleyball League will ride on an unprecedented wave of public and corporate support following the outstanding successes of the Cambodian hosted 2007 and 2009 Volleyball World Cups. For more information go to www.standupcambodia.net

■ INTERNATIONAL FILM FESTIVAL

FX Entertainment in late January announced plans to organise Cambodia's first

international film festival in October. To be held in Phnom Penh, the event aims to bring international filmmakers to screen their films in Cambodia, while simultaneously giving local filmmakers and film buffs a chance to taste some international action. Though details of exactly which foreign directors and producers will take part remain unavailable, the organisers promise the three-day festival will include international indie films, award-winning documentaries, as well as classic and modern Khmer films. In addition, there will be booths showcasing the latest equipment, products, and services available for shooting films in the Kingdom. Hosted by the Ministry of Culture and Fine Arts, and organised in association with the Cambodia Film Commission, Kmy, and the Association of Filmmakers of Cambodia, the festival will take place Oct. 20-23.



■ PHOTOGRAPHY WORKSHOP

Knai Bang Chatt together with renowned French photographer Christophe Loviny are organising a week-long photography workshop on Nov. 8 at the resort's premises in Kep. Designed for those who already have a special interest in photography, the workshop will focus on expanding existing skills by creating a photo essay which can be shown as a print exhibit, a multi-media slide-show, or even a book. Christophe Loviny is the author of several widely translated photo-biographies and art books, with 25 years of experience with world-class magazines. Prices for the workshop start at US\$1,170 including all tuition and full board over six nights stay at Knai Bang Chatt. For more information and to book your place at the workshop, contact Info@knaibangchatt.com, or call 017 917 452.

■ RATTANAK PROMOTION

There's no time like the present to make sure your health is in

order. To get you started, Royal Rattanak hospital in February launched a "Healthy Family" promotion running until Mar. 31. For US\$99, the Bangkok-connected hospital offers to check your and a friend's vital signs, blood count, uric acid, and cholesterol, as well as X-ray your chest and ultrasound your abdomen, among other things. The great thing is you don't even have to go at the same time as your friend – the buy one get one free offer allows you to go alone, in which case the hospital will simply issue a voucher for a friend, usable until Apr. 31. For more information, call Royal Rattanak Hospital on 023 991 000.

■ CHRONICLES OF ASIA

A new book by Jean-Claude Pomonti, former ASEAN region correspondent for the French daily *Le Monde*, was published in early February. Entitled *Chroniques d'Asie 2010 - Le Temps des turbulences*, it features a

variety of articles, analyses, and vignettes, first published in local French language fortnightly *Cambodge Soir Hebdo*. Touching on political, economic and social issues in Cambodia and the region, the collection, the second in a series, offers an insight to the intrigues of the area as penned by an avid follower. Highlights in the new collection include thoughts on the ongoing troubles between red and yellow shirts in Thailand, analysis of Malaysian corruption scandals, and a highly topical look at the torture techniques of the Khmer Rouge. To get your own copy, contact *Cambodge Soir* on 023 726 804.

■ LATIN MOVES ONLINE

Salsa Phnom Penh, a new website for friends of salsa, was launched in early February, featuring information and advice about how to take up and practice the hobby in Phnom Penh. Interest in the Latin form of dance has seen a rise over the past year and a half, with more and more of the capital's establishments offering Salsa-themed nights. Regular events include Salsa with DJ Jimmy at Pacharan, as well as events at Talkin' to a Stranger and Studio 182, and now also a social Salsa night at Equinox, every Wednesday from 7.30pm. The latter is designed as an informal event where anyone can join to practice or learn. To keep current with upcoming events, go to www.salsa-phnompenh.com

■ TURN OFF YOUR LIGHTS

Mar. 27 sees the return of Earth Hour, an environmental initiative aimed at making a stand against climate change. Started in Australia in 2007, the event has by now reached a global scale, with over 4000 cities in 88 countries turning off their lights for one hour as a symbol of hope for a cause that grows more urgent by the hour. In Cambodia, at least Raffles Hotel Le Royal in Phnom Penh and Raffles Grand Hotel d'Angkor in Siem Reap will be taking part in the initiative this year, turning off their principal lights for an hour at 8.30pm. Last year, both establishments also participated, organising cocktail and canapé receptions in candle light settings to mark the event. For more information, visit www.earthhour.org

■ CAMBODIAN FABERGÉ

Easter is coming up, and what better way to mark the occasion

than by decorating your home with beautiful, handcrafted duck eggs. In a project facilitated by local community-based organisation Salvation Centre Cambodia, women living with HIV have been taught the intricate craft of using textiles and varnish to bejewel duck eggs, creating beautiful and unique Easter decorations reminiscent of Fabergé eggs. Both empowering and income-generating, the project has helped the previously stigmatised participants regain their pride by again becoming productive members of their communities. Already a success in the US, the eggs along with bead necklaces and bracelets made by the same women are now available at Phnom Penh Souvenir, 71 Street 240.

■ BEST OF BRITAIN

Nominations for a competition to find the best British expat establishments around the world concluded on Feb. 15. Organised by London-based daily paper *The Telegraph* and sponsored by British Airways, the competition hopes to identify the leading British clubs, pubs, restaurants and shops, first on a country level, and then globally, culminating in an awards ceremony in London in April. Though no British establishments in Cambodia had at the time of writing been nominated, rumours of the competition were circulating among potential nominees in the Penh. The six award categories are: Best British Shop; Best British Restaurant; Best British Pub/Bar; Best British Social Club; Best British Business Club; and Best British Sporting Club.

■ GET INTO THE SWING

Attention all Dolls and Hepcats! Swing has come to Cambodia, and you can join in on the fun as you learn lindy hop, charleston and balboa with Phnom Penh Pswings. Instructors Robyn and Louise will teach you all the right moves at the Amrita Performing Arts Centre every Thursday from 7pm to 8.20pm, after which the gang heads over to Equinox to continue swinging in a more social setting. For more information, e-mail mama.swing@gmail.com or call Robyn on 077 959 258. The first lesson is free after which expats pay US\$5.00 and locals US\$2.50. Private lessons are also available on demand. ■

Openings

sport, clothes, food, style, crafts



@Food Pantry

■ MURRAY'S PLACE

Attention athletic types: Murray Heath has opened a new, regulation-sized squash court on a lovely rooftop near Sovanna Mall. The only public court in Cambodia, it costs US\$10 an hour with racquets and balls provided free of charge. The bright, fan-cooled space has quickly become popular with local squash buffs, and the space offers great views of the city. There are two bathrooms with showers, and on-site parking. For those who prefer a slower pace, Murray is also opening a "sports bar" on the premises, where one can actually play sports. Indoor lawn bowling, darts, ping pong, and a slate, 9-ball pool table are on offer. If that's too much effort, super-fast Wifi is free for customers and there are two 50-inch flat screen televisions with all the major sports channels. Add a menu of cheap, tasty Western pub grub, and full bar to quench your thirst after (watching) a long game of rugby, and you might think you're in sports heaven.

Open anytime, 7 days a week, call to book. 22 Street 197 (near Sovanna Mall). Tel: 012 948 529

■ RED GOLD ON STREET 240

Ever-so-classy Street 240 has a new addition in the form of

recently opened Ororosso clothes shop. Replacing Sông, yet run by the same owners, Ororosso claims to bring "urban style for global people". Using mainly natural fabrics such as silk, linen, and cotton, the new line of clothing is made in Cambodia. The selection includes laid-back yet stylish items for both men and women, suitable to be worn both in the office and beyond. Prices are in the US\$30 range, which for quality items is perfectly reasonable particularly as the sophisticated shop also offers a tailoring service to make sure items fit just right. Ororosso, meaning red gold in Italian, further stocks a variety of accessories, including cute little bags and pouches, as well as scarves and hats.

Ororosso, 75 Street 24. Tel: 092 985 986. Open 9am to 7pm.

■ CLASSY KHMER NOSH

Relaxed and informal, new Café Nosh Bar serves a variety of Khmer and international dishes in a clean, streamlined environment complete with glass walls. The extensive menu covers everything from salads and soups (from US\$3), through traditional Khmer mains (around US\$5), to coffee and pastries. Cocktails weigh in at US\$3.50, while the wine list is respectable with



@Artisans d'Angkor

bottles starting at US\$20. There is a small outdoor terrace, however the comfortable sofas and blasting A/C is likely to entice most customers to nosh indoors. Free wifi is an added bonus, and the multitude of staff are highly attentive to customer needs.

Café Nosh Bar, 8A Mao Tse Tung Boulevard. Tel: 023 991 569. Open 9am to 10pm

■ RETURN OF ORGANICS

Friends of organic food will be happy to hear Madeleine's Restaurant, Café & Bakeshop is back in a new, improved location. Still the cutesy pink and purple space with nice, white furniture, Madeleine's is now bigger, more centrally located in BKK, and even has a kids' room where little ones can safely roam around. The menu however remains equally enticing, with a variety of organic salads from US\$4 (pending availability of ingredients), homemade soups (from US\$2.50) as well as sweet and savoury crêpes and

sandwiches. A new addition is the quiche, which owner Karen Le Calvez says will be different every day pending on her mood. Sparkling wine is also served by the glass, best combined with one of the establishment's signature Madeleine cakes. Karen further provides catering for private parties, and will make you home-made bread on order.

Madeleine's, 172 Street 51. Tel: 012 988 432. Currently open Monday – Friday 7am to 6pm, weekends 9am to 5pm, but subject to change pending custom

■ BOXING IS BACK

Now in its new location near Russian Market, Paddy's Fight Club is back in action. The large, airy gym offers two full-size boxing rings, training in Khmer and English boxing, and everything you need to be a contender. In addition, there is a full gym with weight machines, free weights and cardio equipment. The new location is bright and clean, but

still retains the gritty air of a classic boxing gym. The Monday and Wednesday group training sessions, US\$5 from 7 – 8pm, are popular with foreigners and offer rounds with Paddy's trainers. You can use the gloves provided, or buy your own pair. Aside from boxing, general use of the gym is US\$3 a day, and aerobics is offered nightly. Paddy currently trains many local Khmer boxing stars, and hopes to become a destination in Southeast Asia for training. Indeed, many international boxers name Paddy's as one of their favourite in the region and frequently train there.

Paddy's Gym, 46 Street 428, next to Footprints School. Tel: 012 217 877, www.paddysgym.com. Open 6am to 9pm daily.



@The Shop Too

■ **MODERN SALON**

The amount of service providers in the beauty industry only keeps growing. Late January saw the opening of July, the latest addition to small but classy salons offering treatments focused on hair, nails and makeup. Following two years of beauty training in Thailand, owner Lyna Freer designed the salon herself giving it a contemporary feel with white walls and a chequered floor, as well as sparkling beads that add a touch of chic. Services provided include haircuts and treatments, starting from US\$12 for a cut and blowdry for women. US\$8 gets you a manicure and pedicure, conducted using OPI products. Nail art and extensions are also available, and make-up starts from US\$8.

July, 44 Sihanouk Boulevard. Tel: 012 888 890. Open 8am to 7pm.

■ **TOUL KORK CHIC**

Paving the way for even more development in Phnom Penh's Toul Kork district, The Shop

Too opened in the area in late January. Sister to the long-time favourite café on Street 240, the new establishment at the city's outskirts is housed in a beautiful villa with a lawn on the front. The air-conditioned indoors space makes dining pleasant, as does the classy décor which with wooden tables and benches is similar to the original Shop, yet more spacious. The weekly changing menu includes favourites from its predecessor as well, such as coffee for US\$1.25 and the fabulous lychee mint cooler (US\$2), in addition to a variety of tasty sandwiches, salads, soups, and quiches. Chocolates from the related Chocolate shop also on Street 240 are also on offer, and The Shop Too further stocks freshly baked bread. It may seem miles out of town, but the new café is definitely worth the drive for some laid-back Sunday lounging, particularly for families with children.

The Shop Too, 38 Street 337. Tel: 077 325 474. Open 7am to 7.30pm.

■ **QUALITY KHMER CRAFTS**

Artisans d'Angkor opened their state-of-the-art flagship store in Phnom Penh's colonial quarter opposite the Post Office in late January. Stocking beautiful silk clothing and accessories, as well as lacquer ware, stone carvings, and silver objects, the two-floor, air-conditioned space is like a one-stop-shop for those looking for quality Khmer handicrafts. Established in 1998 to promote local artisanship and encourage appreciation of traditional Khmer artforms, Artisans d'Angkor now employs over 1,000 staff, of which the majority are craftsmen and women. For more information about the company, visit www.artisansdangkor.com.

Artisans d'Angkor, 12A EO Street 13. Tel: 023 992 409/407. Open 9am to 6pm.

■ **THE FOOD PANTRY**

Fine food and wine lovers rejoice: The Food Pantry has opened a new, centrally located

shop on Street 178. Featuring a gorgeous, glass-walled temperature-controlled wine loft, the new space allows them to display a larger selection of their excellent wines. Here you can find Boutique beers from Australia and Europe, including the hugely popular James Squire ale. The Food Pantry has gained a reputation for quality organic and natural foods, and products from Europe and Australia that are hard to find elsewhere. They stock a wide variety of cheese from France, Italy and Australia as well as cured meats, lamb, beef, olives and paté. Fresh organic herbs and vegetables are also available, as well as frozen seafood and ice cream from New Zealand and fresh bread from Comme à la Maison. Future plans include wine tasting events, wine classes, and an outdoor sidewalk café.

The Food Pantry, No. 42, Street 178. Tel: 017 946 394. Open 9am – 9pm. 📍

You're right to treat yourself. **30%** off*
Treat yourself this Women's Rights Day

March 8th is Women's Rights Day and we're celebrating the entire month. Get a 30% discount on all* services including our unique new **Tow Heads Hot Bremsa Massage** and Traditional Khmer Massage for up to 6 friends. Because every woman deserves it, by right!

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calendar

March

everything you've wanted to know about what's going on in the Penh ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS



1 Monday

Live Closing Ceremony of the Winter Olympics @ Elephant Bar, 8.30am

2 Tuesday

Film Screening and Talk by Srey Thy @ Chinese House, 6.30pm

Cambodian Space Project @ Chinese House, 9pm

3 Wednesday

'The War on Democracy' by John Pilger @ Meta House, 7pm

4 Thursday

'In Search of Beethoven' @ Meta House, 7pm

Refresh Party @ Riverhouse Lounge.

5 Friday

Cakes, Clothes & Monsters @ Java Café and Gallery 9am – 4pm

6 Saturday

Punk is Dead 'End of the Century' @ Meta House, 7pm

Fat Black Pussy Cat Party @ Riverhouse Lounge. With MC Hydrophonic & DJ Tech12.

7 Sunday

'Carrying Cambodia' Conor Wall & Hans Kemp's Photography Book Launch, Signing and Exhibition @ FCC, 6pm.

International Women's Day Party 2010 @ Riverhouse Lounge. With DJ Radioactive Anne.

8 Monday

International Women's Day

9 Tuesday

Deepa Mehta's 'Earth' @ Meta House, 7pm

10 Wednesday

Uganda's Cattle War' & Idi Amin Dada' @ Meta House, 7pm

11 Thursday

'Young and Restless in China' @ Meta House, 7pm

DJ Domination @ Riverhouse Lounge.

12 Friday

ISPP Fundraiser Quiz Night US\$10 @ Raffles, 7pm. All proceeds go to house-building projects in rural Cambodia

13 Saturday

"Triste Tropik" by El Boixo @ Equinox, 8.30pm. A graphic artist exhibition.

14 Sunday

'The World' @ Meta House, 7pm. The desperate dreams of migrant workers.

16 Tuesday

'F*CK' @ Meta House, 7pm
Our favourite four-letter-film

17 Wednesday

St-Patrick's Day

Irish food and drink specials @ Green Vespa, all day.

Irish specials @ Elephant Bar, 4-8pm.

St Patrick's Day Party @ Riverhouse Bistro all day. The Luck of the Irish - Lucky Draw.



18 Thursday

Documentary Practices in Contemporary Cambodian Art @ Café Livingroom, 6.30pm. A talk and slide show by Erin Gleeson, curator and director, Bassac Art Projects

'Grizzly Man' @ Meta House, 7pm.

Tech Therapy Party @ Riverhouse Lounge. With DJ Achaya.

19 Friday

My Province, My Product @ Meta House, 7pm
19 design students from Cambodia's capital Phnom Penh and 25 pottery professionals from Kampong Chhnang present their collaborative works. The exhibition will be followed by an auction for the works.

20 Saturday

Annual Go Karting Day @ Green Vespa, all day \$30 for Adults \$20 for kids food and swimming included

9am Nathan Horton Travel Photography Workshop followed by 12pm Field Trip to Silk Island. 092 526 706.

21 Sunday

'Weather Woman' @ Meta House, 7pm

9am Nathan Horton Travel Photography Workshop followed by 12pm Field Trip to Kompong Chhnang and Udong. 092 526 706.

23 Tuesday

'No More Killing' @ Meta House, 7pm

24 Wednesday

Aldous Huxley's 'The Gravity of Light' @ Meta House, 7pm

25 Thursday

'I am Precious' & 'The September Issue' @ Meta House, 7pm.

Old Skool Hip Hop Party @ Riverhouse Lounge. With DJ Illest.

26 Friday

Green Night #3 @ Meta House, 6pm. Focuses on indigenous communities and forest protection in Cambodia. New films, short talks, live music, free fruit and water, surprises and a lucky draw with many green prizes.

Phnom Penh Follies #2 @ Riverhouse Lounge
Powered by The WiseGuys.

27 Saturday

Live Football, Beer and BBQ @ ManHanLou, 6pm-10pm

Earth Hour @ Raffles Hotel Le Royal & Raffles Le Grand Hotel, 8.30-9.30pm. will be turning off their lights for 1 hour.

28 Sunday

The Tenth Dancer @ Meta House, 7pm

30 Tuesday

Twilight Party Night @ Riverside Bistro, 8.30pm. Full Moon Floorfillaz - Special Guest DJ.

31 Wednesday

Innocence Exhibition by Qudy Xu @ Java Café and Gallery, 6pm.

Every Day

Afternoon High Tea @ Café Monivong 3pm - 5.30pm

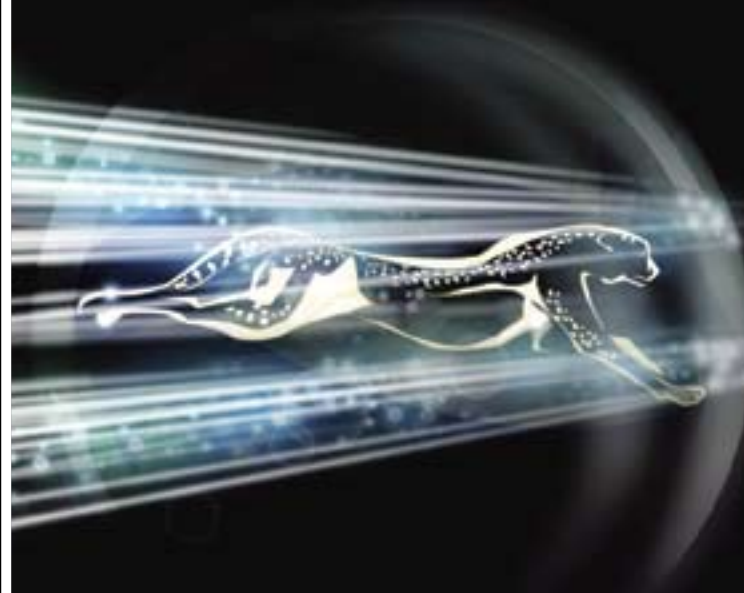
Happy hour @ Elephant Bar, 4pm - 8pm

Every Monday

Monday Madness @ Talkin to a Stranger. Beer and cocktail specials all night

Open Mic Jam session at Riverside Bistro from 8.30pm.

Diva-licious Monday @ The Riverhouse Lounge. Girl DJs from radio 97.5 Love FM.



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Siem Reap Office
#8-9, Mondul 2 Village, Svay Dangkm Commune, Siem Reap
Sihanouk Ville Office
Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville



@Asia Club



Yoga Under the Stars @ Amara Spa, Riverside & Street 110 from 6.30pm, call 017 236 025 for details.

Every Tuesday

Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.

Quiz Night at Gym Bar, 9pm.

All the burgers you can eat @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm.

Floorfillaz @ Riverside Bistro, dance to the best new hip hop and r'n'b tunes from 9pm.

Taboo Tuesday with DJ Makara @ Riverhouse Lounge.

Prime Tuesday at Café Monivong, Raffles, 6-10pm Black Angus prime beef rib or lam leg "à la Provençal."

Big Boy BBQ @ Riverside Bistro, 6pm.

Every Wednesday

Talkin Bubbles Wednesday@ Talkin to a Stranger, 6pm Aus Sparkling US\$2.50, Champagne US\$7

Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.

Girls Gone Wild Night @ The Riverhouse Lounge. All cocktails (for ladies) Buy 1 Get 1 Free.

Live Music @ Riverside Bistro, 8.30pm.

Bollywood films @ Annam Restaurant. 7pm.

Movies @ The Chinese House. 7:15pm.

DJ Jimmy Salsa Night @ Equinox, 8.30pm.

Ladies Night @ the Riverhouse Asian Bistro – all martini cocktails buy 1 get 1 free from 6pm to 12am.

Every Thursday

Lamb Roast Thursdays @ Talkin to a Stranger 7pm. Bookings essential.

All the U.S. chicken you can eat @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm.

'Remedy @ Riverside Bistro – Live Music New & Old Classics from 8.30pm.

World Art Lounge @ Studio 182, 11pm

Glamour Party @ Darlin Darlin (Naga) 9pm. A night of Glamour and Beauty. Party all night with celebrities and Phnom Penh's top models.

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VIBeration Thursday – House music all night @ Riverhouse Lounge.

Ladies Night. Ladies 1st drink is FREE. 9pm to 6am. Do It All Bar.

Mama Swing and the Phnom Penh PSwings @ Equinox, 8.30pm.

Every Friday

Outdoor barbeque @ Golden Mermaid Restaurant with traditional German sausage and meat, and goulash.

Seafood Buffet @ Café Monivong, Raffles, 6-10pm.

Girl Power @ Riverside Bistro, live music - power ballads & pop from 8.30pm.

Thank God It's Friday @ Studio 182, 11pm

African Dance Party from 9pm to 6am. Do It All Bar.

Every Saturday

All-you-can-consume fresh oysters and Kiwi Sauvignon Blanc @ The Aristocrat Wine & Cigar Bar, NagaWorld, from 5pm to 8pm for US\$45.

Shabu Shabu Buffet @ the Korean Grill, NagaWorld from 6.30pm to 10pm for US\$20.

Italian Buffet @ Café Monivong, Raffles, 6-10pm.

'Saturday Night Fever' @ Riverside Bistro, 8.30pm Live Music to make you Dance.

Saturday Night F(or)ever @ Studio 182, 11pm.

Glory Hole & Momma Bong's Bootilicious! with Vanessa Boots @ The Blue Cat (upstairs), 9pm.

Reggae Night. 9pm to 6am. Do It All Bar.

Every Sunday

Sunday Brunch @ Knai Bang Chatt Sailing Club, 10.30am - 2.30 pm. US\$10.

Sunday Brunch @ Café Monivong, Raffles, 11.30am - 3pm.

'Hey Macarena' @ Riverside Bistro, live Cheesey Pop from 8.30pm.

Special Steak Nite @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm.

Sunday Brunch @ Regency Café, InterContinental Hotel with free-flowing champagne from 11.30am to 3pm for US\$38+.

Raggamotion Sunday @ Riverhouse Lounge with DJ Pannara. 🇹🇲



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www.studio-182.com

Pick of the Month

dance, women, taxis, hondas, green drinks

■ **PARTICIPATE:**

Dance

Keeping fit doesn't have to involve simply running on a treadmill. To have some fun whilst exercising, join Miss Laura's Dance Workshop Cambodia classes and learn some head-turning moves for the dance floor while keeping those extra kilos at bay. Held every Monday eve, classes combine jazz moves with Shakira and Beyoncé style boogying, and are suitable for both beginners and intermediate level students from 10 years old. Classes cost US\$8 and are held at 22 Street 240. For more information, call Laura on 012 634 008, or e-mail danceworkshopcambodia@gmail.com.



■ **RESPECT:**

Women

An official public holiday in Cambodia, International Women's Day on Mar. 8 is the perfect opportunity to celebrate all and everyone of the fairer sex. First held in 1911, the event has evolved from its socialist roots to become a day for marking the achievements of women worldwide. The UN has declared this year's theme as "Equal rights, equal opportunities: Progress for all". Though not exactly a catchy slogan, it highlights the discrimination many women still experience all over the world. For more information, visit www.internationalwomensday.com



■ **GREEN HINT:**

Green Drinks

Save the world one sip at a time by joining Green Drinks, the latest initiative by the Penh's environmental crowd. Essentially an informal networking event for those who care about the Earth, Green Drinks is a global phenomenon where likeminded people can get together, make new friends, and come up with innovative ideas for preserving the planet. The Phnom Penh event is organised at Baitong restaurant from 6pm on the last Thursday of every month, also featuring occasional talks. For more information, visit www.greendrinks.org. 📍



■ **GO:**

By Taxi

Getting to the airport for a long-haul flight became a lot more comfortable about a year ago when metered taxis first arrived in the Penh. Over the year, the fleet of professional cabs has increased, to the extent that there are now two companies vying for your custom. Global Taxi's white cars will take you around town for 4000 riel at flagfall and first two kilometres, then for 400riels per 200 metres, while the yellow Choice Taxi cars charge 4200 riels for the first 1.5km, and subsequently 400 riels per 1500 metres. To book your own cab, call Choice Taxi on 010 888 010, or Global Taxi on 092 889 962



■ **BUY:**

Honda Cub

Always wanted a moto but never been quite sure of how to get one? Now you can call Nick the Bikefinder who is on a mission to supply Penhites with cool and funky motos. Though he specialises in finding, restoring, and pimping up Honda Cubs, Nick is happy to take on requests for other bikes too, making sure they are in complete working order and come with proper registration. Prices start around US\$400 for a restored Honda Cub, going up for automatic motos. To get your own two wheels, give Nick a call. Tel. 012 817 554. Web: tiny.cc/bikefinder

Oliver Stone in the Penh

In town for the Bridges lecture series, famed film director and producer **Oliver Stone** talks to **AsiaLIFE's Nora Lindstrom** about how peace comes through violence, and who he thinks will come up on top in the upcoming Academy Awards.

AsiaLIFE: You're not a man to shy away from politics, and we understand that you've met with Prime Minister Hun Sen while here. What was your message to the Prime Minister?

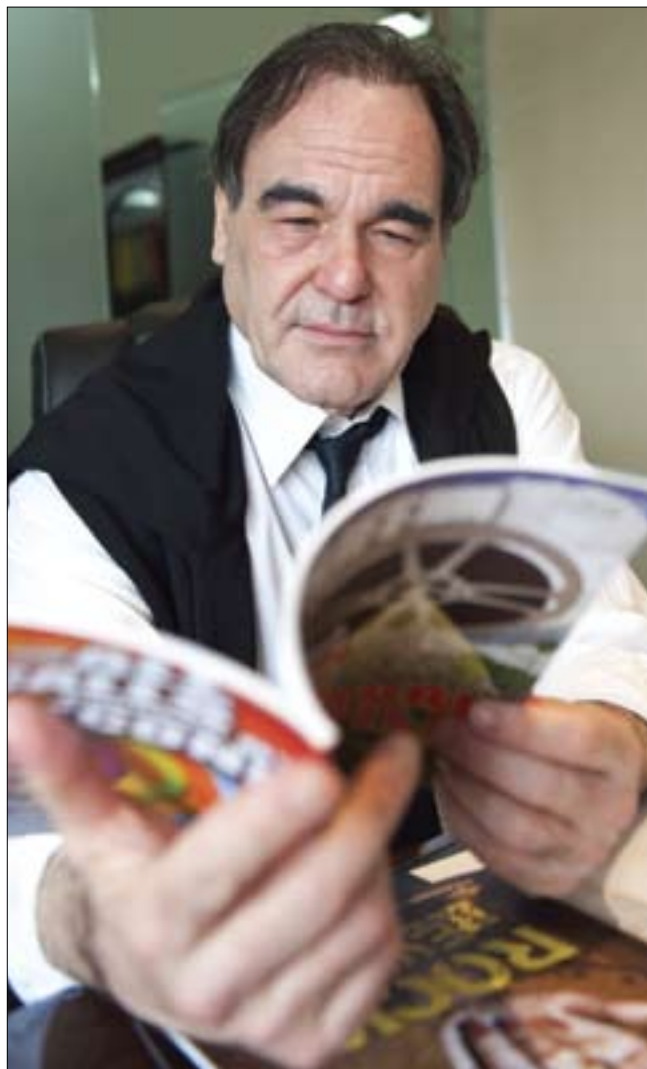
Oliver Stone: I had no message to him. In Asia I think you don't give messages to political people. It's more like meeting a monarch, it's a formal ceremony. But [Hun Sen] told us some interesting stories about Cambodia, and he was very open and supportive of the work of the International Peace Foundation [which organises the Bridges lecture series.]

AL: Did you meet with him when you were here 20 years ago too?

OS: No, I never met him 20 years ago. But I remember him. I was here in '65 originally, as a student. I came back around '91-'92, which were quite interesting times because it was just when the UN was trying to do a lot here, and then I came back several times during the protests.

AL: Many of the films that you've made during your career contain violence or deal with war, yet you're in Cambodia bringing a message of peace. How can films featuring war and violence promote peace?

OS: You can only get peace through violence. Peace comes, because you know what violence is. It's a Buddhist concept. You come to the world by way of violent birth. A baby knows pain right away, so he knows the concept of violence because he comes from his mother's womb through a violent process. I think that's part of life. And that's what I'm trying to say in *Natural Born Killers*. I got a lot of heat [for the film], but I was saying 'Look at this violence, it's part of a process'. I've dealt with



Oscar winning director getting some inspiration for his next movie

violence in Vietnam and other places, and I've showed it in films very effectively. In *Born on the 4th of July* for example, I showed what the violence of a bullet can do to a spine, and a man's life.

What we're doing in America and Western societies in the media, is to promote violence because we make money off it. Media and television love the concept of murder, death, and grisly news, because it makes

money. So that was what [*Natural Born Killers*] was about. Violence is here - I think that by promoting it we only hurt ourselves further.

AL: So you're saying you can promote peace through films that portray the negative aspects of violence?

OS: You have to, because otherwise people won't react. You have to show what's wrong

- you don't make a show about cancer and not show cancer. Sanitised, peaceful, ridiculous, films don't work because people don't go to see them. There has to be a bit of spice, a bit of salt in the wound. The audience has to go through the suffering and pain, to understand the beauty. That's the way it is. But I don't believe in needless, fortuitous violence, which is just for money. The kind of movie where the hero is just taking revenge and being a vigilante, and kicking ass. It makes you feel good because you have the actor revenging. I really hate that in movies, I don't believe in revenge. I believe in getting it right, but not revenge. I think there's too much of that indulgence.

AL: What are your predictions for the upcoming Academy Awards?

OS: I don't give a shit... I think it was a very good year, films were good. I remember the press denouncing movies - saying it was over - that's it's about streaming video and the internet. It's bullshit.

The films this year delivered. *Avatar*, *The Hurt Locker*, *Precious*, *Up in the Air*, *Crazy Hands*, *It's Complicated*, *Hang-over...* There were so many good films that really worked. People get down on films so easily. Magazines get awful snobbish and snooty sometimes, and I think they miss the point of what movies are supposed to be - great stories on screen.

To read the full Oliver Stone interview please visit www.AsiaLIFEguide.com.

Oliver Stone's visit to Phnom Penh forms part of the ongoing Bridges lecture series, organised by the International Peace Foundation. For more information, please visit www.peace-foundation.net **F**

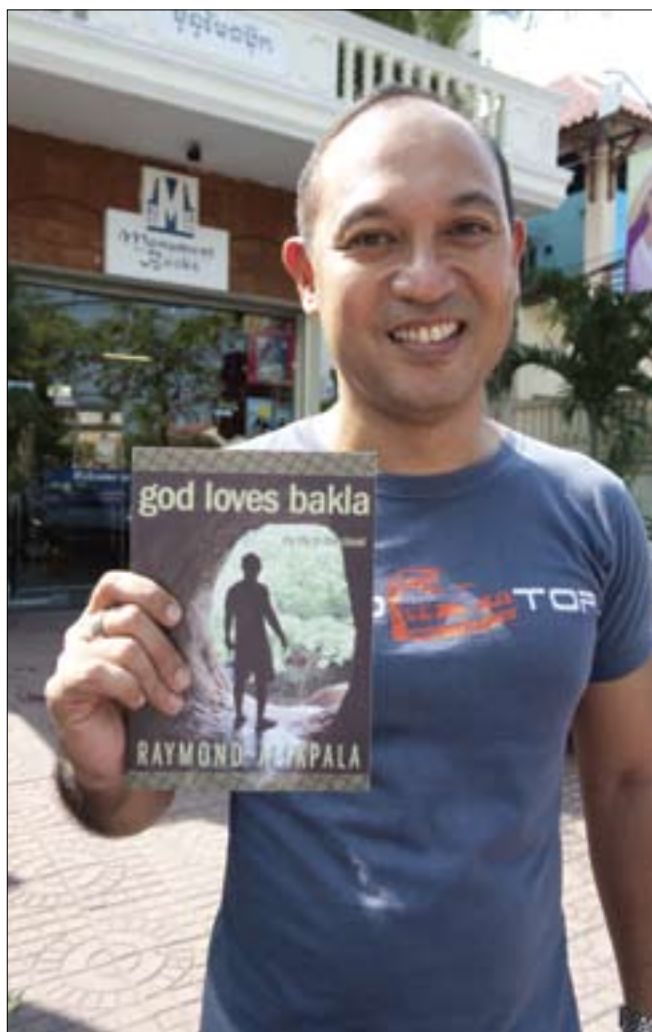
Phnom Penh Life: A Story of Love

Shunned by his Church and fellow countrymen, **Raymond Alikpala** sought solitude in Southeast Asia. Instead he found love. The author of “God Loves Bakla” opens the pages of his life to share with the world. Words by **Craig Gerard**.

THE CATHOLIC CHURCH is typically not a forgiving place, especially when it comes to “sexual deviants,” and the Jesuits in Manila were no exception. Growing up in the shadow of the Church, Raymond Alikpala quickly learned to suppress his attraction for men, even before he truly understood his sexual orientation. But after 30 years of hiding in the closet, Raymond, who has always had a flare for the dramatic, has come out to the world in his new book, “God Loves Bakla.”

The word “bakla” is Tagalog for faggot, with all the negative connotations that flow from the word. It was a playground insult, a nasty emotional dagger. According to Raymond, someone who “calls another man bakla is looking for a fight.” Raymond tried his entire life to hide from the word and the associated connotations by training himself not to act effeminate, and engaging in as many macho activities as he could. But just as the gay community in the US embraced the word “queer” in the 1970s, so too has the Philippine gay community accepted bakla in the past decade. To turn that negative connotation around is empowering. Raymond has taken this a step further, and has tattooed the word on his back. By experiencing the pain of getting a tattoo, he addressed his fears, but by permanently marking himself as bakla, he also took yet another step towards announcing to the world that he is gay.

Throughout his life, Raymond was told by his church leaders and religious-school teachers that love was meant to be between a man and a woman – every other expression of love was immoral and wrong. With this constant message of intolerance coming from his religious mentors, it’s reasonable to expect Raymond to shut Christianity out of his life once he fully accepted his homosexuality. Yet throughout



Raymond Alikpala hopes his story will help others come out

his book and peppered in regular conversations with Raymond, there is the constant presence of God, and passages reflecting his deep-seated religious beliefs. “What I’ve come to believe,” he explains, “is that life experiences, pain, sacrifice, are what bring us closer to God.” Problems arise, according to Raymond, when people choose their behaviours by listening to institutionalised churches instead of making a direct connection with God.


When Raymond moved to Cambodia in November of 2001,

he was only out to a handful of people and certainly not his employers at the time, Jesuit Refugee Services. Working as an international lawyer focusing on refugees, he still maintained that homosexuality was a sin to be overcome. Then, a visiting Jesuit priest, who was openly gay, spoke with Raymond about accepting his sexuality, and loving himself not in spite of being gay, but loving himself because of his homosexuality. Man, in every form, was created in God’s image, argued the priest. These

words inspired Raymond, and he began the long journey of coming out to his family, his friends, his former classmates and his employers.

Accepting his homosexuality and being honest with himself for the first time in his life, Raymond was able to finally be a happy person. The weight of hiding his every instinct had constantly dragged him down, affecting almost every decision he made. But once that weight had been shed, Raymond knew he could tell his story unfettered. The result is a truly inspirational book, one that tells his intimate life story – a true story, with a happy ending. Raymond and his life partner Robert, were married in a quiet ceremony in June 2008 at Angkor Wat. They now live in Phnom Penh where Raymond continues his work as a lawyer for an international firm. Raymond still has a flare for the dramatic, and you can catch him from time to time in productions by the Phnom Penh Players.

The book almost did not get published. Searching for publishers both in the U.S. and in the Philippines, Raymond came up empty. One publisher came close, but when they wanted him to get written permission from everyone mentioned in the book, he knew it wasn’t going to happen. Instead, Raymond decided to self-publish here in Cambodia. With some design help from friends and the use of a local printing house, he was able to put together a high quality product that exceeded his expectations. Raymond hopes his story will help other young men have the courage to come out. “I want young Philippines to know that God loves us,” Raymond says. “It is not about making money. Don’t get me wrong, I’d love to be on Oprah, but it is more about helping people.”

Raymond Alikpala’s book, ‘God Loves Bakla’ can be purchased at Monument Books for US\$18 

Kep Trio: Running for a Cause

On your mark... Get set... GOOOOO!!! Planning for the third annual Kep Marathon is underway. **Lou Hayward** reports from the blocks.



Whether you choose to run or take a bike, its all for a good cause

“IT’S NOT A PLACE THAT A lot of visitors usually go,” explains Sarah Dobbe, Community Development Programme Manager at NGO Bridges Across Borders South East Asia (BABSEA), as she describes Chamcar Bei village in Kep province, home to around 4,000 residents.

This is about to change, however, as a diverse group of walkers, runners and cyclists head to Cambodia’s sleepy south coast to participate in the annual Kep Trio charity sporting event. Now in its third year, this two-day fundraiser combines a half marathon, a 10km run and a 10km bike ride. It is hoped that this year’s event will mirror the success of the previous Trios, which raised over US\$100,000 for initiatives designed to improve the livelihoods and living conditions of some of Kep’s most impoverished residents.

The carefully planned – and, predominantly flat – route incorporates paddy fields, a pepper plantation and a reservoir. This means participants get a unique opportunity to see some of Cambodia’s most striking countryside.

As an incentive to go the extra mile – or extra 11km to be more precise – the half marathon path includes a sunrise start along the stunning Kep coastline.

Already a popular event in Southeast Asia, the Trio also enables expats living here in Cambodia to venture off the beaten track and see a different side of the country. “There’s something for everyone”, says Rachel Bardiger, one of BABSEA’s 2010 Trio organisers. “Whether you’re a serious athlete or a fun runner, it can be whatever you want to make it”. However, while official start and finish lines will be used and top finishers recognised, the real emphasis is on raising funds and awareness.

Hand in Hand Cambodia, a BABSEA project conceived by David Pred and Jef Moons, aims to support community-based development. With financial support from Knai Bang Chatt and Friends’ of the Rainbow Schools a wide variety of programme activities have been implemented. Sustainable tourism activities are also being developed as a future source of revenue for villagers. “There is so much going on,”

explains Sarah. “People only believe it when they come and see it with their own eyes.” To keep these programmes running, entrants are encouraged to raise a minimum donation of US\$200 and anyone can contribute via BABSEA’s website.

The weekend’s activities get under way in the afternoon of Mar. 6 when the cyclists assemble for the 10km bike ride. Participants will be provided with bicycles, which will later be donated to selected villagers at the Chamcar Bei Community Learning Centre – the finishing post for this event. Afterwards, the saddle-sore cyclists will join the Trio’s other, foot-bound participants at Knai Bang Chatt’s Sailing Club for dinner and a special performance by the break-dancing group Tiny Toones.

Sunday’s running events commence bright and early the following morning, with staggered starts for the half marathon and 10K runs which both finish at the Chamcar Bei Community Livelihoods Centre. Here, participants will be greeted by enthusiastic villagers before

heading to a celebration and awards ceremony to wrap up the weekend’s festivities.

This is a unique chance for people to see first-hand what the money they raise is helping to achieve in Chamcar Bei. As one previous participant observed, “a small group of committed people” really can make a difference.

■ THE NEED TO KNOW


The 2010 Kep Trio takes place Mar. 6 and 7. Registration fees (Bus transfers, event t-shirt and event dinner included):

Running events = US\$50 (US\$5 for Cambodians).

10km bike ride = US\$75 for all entrants (also covers the cost of a bicycle).

Dual event (one running event and bike ride) = US\$100

Online registration at www.babsea.org is open until Mar. 2 or until Mar. 4 in person at the BABSEA office (144 H, Street 143). For more details contact keptrio@babsea.org.

For more information on the *Hand in Hand Cambodia Initiative* visit www.babsea.org or www.handinhandcambodia.org. 

Streetsmart: Koreatown

Although Korean establishments are popping up all over town there are two areas that are truly worth a stroll. Words by **Kate Liana**.



Raspberry (Bokbunja) wine - available in most Korean Grocers



Definitely more than football at this World Cup

■ DOWN MONIVONG, SOUTH OF STREET 310

Beginning just south of Street 310 on Monivong Blvd., you will find the **Korean Business Center**, a good place to start. The clothing boutique on the ground floor has surprisingly stylish shoes (moss-coloured suede flats with a jeweled toe, and a large assortment of slides, wedge-heels, and kitten heels) for a mere US\$5. Though sizes are small, so don't get your hopes up if you're long in the foot. Bags, funky t-shirts and scarves are also well-priced.

Behind the boutique on the ground floor, the **Classified Gift Center** has higher priced offerings. Elegant bags, scarves and knick-knacks make up the bulk of the wares, while Korean tea, soap and shampoo line the back walls. A few pricier items, like an elegant ivory and bronze tea set (US\$230) are imported from Korea.

World Cup next door stocks a large range of Korean language DVDs and comic books. Internet is US\$1 for one hour and you can buy coffee or soda while you browse.

Sky Mart completes the tour with a wide range of products from Korea such as cookies, snack puffs, muffin mix, condiments, seaweed, wheat noodles, brown sugar, Korean beer and sesame oil.



No, it's not an alien probe

You can even purchase Korean plastic wrap and ziplock bags.

Hang a left onto Street 334 and you'll find **Bi-Ryong**, though the sign outside says "Chinese Restaurant". Offering a range of typical Korean food at mid-range prices, like stews, noodles, rice dishes and of course, bulgogi. Exotic fare like sea cucumber and shark's fin will set you back US\$50. The popular jajangmyeon black noodles are here for US\$4-6.

Across the street is the **Sol Clinic**, offering acupuncture, traditional Chinese herbal medicine and physiotherapy by Ki Bong Cha, a doctor with over 12 years of training in China. First visit is US\$15, and subsequent visits are US\$10. The large outdoor waiting area offers tea and piles of books on health, medicine, Pilates, and nutrition written in Korean and English, a pleasant way to kill time before the doctor will see you.

■ BACK OUT ONTO MONIVONG

Heading south, **Son Ou Kong BBQ Restaurant** is most definitely not for vegans. Satisfy your blood-lust with Prime rib, cow tongue or beef bulgogi all for around US\$12. Other dishes like kim chi stew, bibimbap, mackerel and rice cake soup come in at US\$5. Soju, rice wine and herbal wine with ginseng



For all your K-Pop hair style dreams



Banchan, banchan, every where banchan

are also on offer. A case in front sells frozen fish and various other Korean food staples.

The **Korean Golf Department Store** is further down the block, carrying a small range of golf clubs, accessories and clothing from Singapore. Next door is small mini-mart carrying all things Korean, including batches of kim chi for takeaway.

Across the street is everyone's favourite dining plus wacky floor show experience, **Pyongyang**. You'll be greeted at the door by smiling waitresses in matching flared salmon-hued dresses with a chiffon scarf tied jauntily at their neck. The menu is solid Korean fare, but also offers sushi, many dishes with ginseng, and dog meat stew for US\$10. Korean wine is also offered, bottles range from US\$30 to US\$130. Bare in mind the food is only half the experience. When the clock strikes 8pm the waitresses stop what they're doing and put on a traditional Northern Korean dance routine! Be prepared to be startled, then confused.

The large Korean-owned **First Clinic Center** is open 24 hours a day, seven days a week and offers CT scans, pediatrics, a laboratory, pharmacy, ob/gyn services, maternity care, surgery, dermatology, and a VIP ward. The Christian-affiliated clinic has been operating for over 10 years and is authorised by the Korean embassy to give blood tests. Prices were not immediately given, but the staff insisted that no one is turned away due to lack of funds.

■ **SOTHEAROS BOULEVARD**

The other hotbed of Korean life is on Sothearos, just south of Siha-

nouk Boulevard. Starting at **Tomotomo Hair Salon** which uses only Korean salon products, and Korean stylists. Men's haircuts are US\$8 and women's US\$10. Scalp treatments are US\$25. Colouring, perms, straightening and hair waxing are also offered.

The next few restaurants on Sothearos all offer the same basic Korean food, with a few stand out features. **Young Bin Guan** has an extensive BBQ menu, and several octopus dishes. **Yeon Ga** has kim chi wraps and pond snails, and a menu that offers detailed explanations in English of every dish – quite helpful. **O Deng** has a kitschy, appealingly seedy feel, with red banquets, paper lanterns and string curtains. Karaoke is offered on the upper floors, hard to resist belting out tunes after hitting the extensive range of sake and soju downstairs. **La Korean** has a large, nicely decorated dining room though the tables are separated by low glass walls, affording much privacy. They also stock wines from Celliers D'Asie.

Last on the stretch is, **Jun-ko**, a Korean clothing shop. Carrying a unique array of dresses, all from Korea, this tiny shop is a welcome respite from both the European-run boutiques and the local glitzy offerings. Long, elegant dresses with trimmings such as sequins and beads run for US\$250. The more casual dresses are US\$120, and are extremely stylish in an array of fabrics like wool, faux suede, brocade and eyelet. However, the sizes were made for extremely petite people, so unless you are one of them you might want to give the shop a miss. ■

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Sep. 30, 1960: Foundations of the Khmer Rouge formed after three-day meeting of the Communist Party of Kampuchea behind the Phnom Penh railway station.

Jan. 3, 1966: Cambodia warns U.N. of retaliation unless U.S. and South Vietnam end intrusions.

Oct. 4, 1968: Sihanouk admits Viet Cong using Cambodia for sanctuary.

Feb. 23, 1969: U.S. President Richard Nixon approves the bombing of Cambodia.

Mar. 18, 1970: U.S.-friendly Lon Nol overthrows Sihanouk.

Jan. 22, 1971: Communist forces shell Phnom Penh for the first time.

Aug. 20, 1971: Cambodian military launch operations against Khmer Rouge.

Apr. 17, 1975: Khmer Rouge seize Phnom Penh.

Dec. 31, 1977: Kampuchea breaks off relations with Vietnam.

Jan. 7, 1979: Invading Vietnamese troops oust Khmer Rouge from the capital.

Aug. 19, 1979: Pol Pot and Ieng Sary sentenced to death in absentia for genocide.

Sep. 26, 1989: Last Vietnamese soldiers withdraw from Cambodia.

Nov. 26, 1990: U.N. Security Council agrees on peace plan for Cambodia.

Oct. 23, 1991: Cambodia's warring factions sign peace treaty in Paris.

Mar. 16, 1992: United Nations Transitional Authority in Cambodia (UNTAC) begins monitoring.

May 23, 1993: Cambodia holds free elections, boycotted by the Khmer Rouge.

Feb. 14, 1997: Khmer Rouge kill Cambodian government officials sent to make peace.

Jun. 21, 1997: Cambodia's co-prime ministers Hun Sen and Norodom Ranariddh ask the U.N. for help in bringing remaining Khmer Rouge leaders to trial.

Jul. 26, 1997: Communist guerrillas announce Pol Pot sentenced to life imprisonment.

Mar. 29, 1998: Civilians flee fighting between Khmer Rouge factions.

Apr. 15, 1998: Pol Pot dies in his jungle hideout.

Feb. 9, 1999: Last Khmer Rouge guerrillas surrender.

Aug. 10, 2001: King Sihanouk signs war-crimes legislation to try senior Khmer Rouge leaders.

Feb. 8, 2002: U.N. breaks off prickly negotiations after failing to agree on independence of the court.

Jan. 6, 2003: Tribunal talks resume in New York.

Apr. 29, 2005: U.N. and Cambodia sign-off on Khmer Rouge tribunal.

Jul. 3, 2006: Judges and prosecutors from Cambodia and abroad sworn in.

Sep. 17, 2007: "Brother Number Two" Nuon Chea charged with crimes against humanity. Similar charges follow for Ieng Sary, his wife Ieng Thirith and Khieu Samphan.

Feb. 17, 2009: Khmer Rouge tribunal begins with Kaing Guek Eav in the dock.

Scaling Justice: Case 001 Alights The KR Agenda

It has been a long time coming, but soon sentence will be passed on Kang Guek Eav (better known as Duch) the former head of S-21 detention centre. Reporter Luke Hunt has been following the case of the first man to stand trial at the Khmer Rouge Tribunal from its outset. He provides the background on the case and what we should expect to follow.

EVER SINCE CAMBODIAN PRIME Minister Hun Sen went to the United Nations more than 11 years ago and asked for an international war crimes tribunal, incompetence and corruption have reared and political brinkmanship has flourished.

The result was a painful process that threatened to derail genuine and meritorious efforts by a few to find some kind of justice for the survivors of the Killing Fields and deal with Pol Pot's henchmen. Allegations of kickbacks against the Cambodian judiciary and funding shortfalls continued to dog the trial as it finally got underway in February.

Getting things going wasn't helped when one defense lawyer Jacques Verges – famous for defending the likes of Klaus Barbie and Carlos the Jackal – failed to show up at the start. But thousands of spectators have turned up at the Extraordinary Chambers in the Courts of Cambodia (ECCC) hoping to catch a glimpse of this country's former masters and tormentors.

At least they have not been disappointed.

On centre-stage Case 001, the trial of Kang Guek Eav, got underway. As former head of the dreaded S-21 detention centre, his evidence has gripped Cambodians and long-time observers alike, casting a fresh light on the inner workings of Pol Pot's regime. Also known as Duch, his testimony leaves little doubt as to the calculating brutality inflicted by the leaders of the ultra-Madists, before and after they came to power in April 1975.

These include former foreign minister Ieng Sary, who habitually produced a doctor's certificate to excuse himself from pre-trial hearings, and his wife the former social affairs minister Ieng Thirith, often referred to as the First Lady of The Khmer Rouge. She has already horrified her own defence team by blaming Duch and Brother Number Two Nuon Chea for the deaths of thousands, including her own students.

Khieu Samphan, a former head of state, rounds out the final four to stand trial in case 002. Like Duch they stand charged with crimes against humanity, murder and torture. They will plead not guilty.

More recently they were also charged with genocide, and the prosecution has flagged the prospect that others might face charges if the UN and Cambodian sides of the court can agree on who should be placed in the dock.

Duch is expected to be sentenced in late March or early April. At 67 – much younger than the other cadre – he has a realistic chance of serving his sentence and living out the rest of his life a free man.

The next trial is unlikely to get underway until 2011. Delays are frustrating but nothing new. Getting to this point has proved a mighty endurance feat and sorely tested the resolve of all involved. Surviving leaders could die before facing justice.



PHOTO BY JOHN VINK

Nic Dunlop - the man who discovered Duch - holds his own press court

On the manicured lawns surrounding the special chambers on the dusty outskirts of the capital, photographer Nic Dunlop holds his own occasional court. He sits slightly uncomfortable with his own publicity and the notion of celebrity journalism.

But Dunlop also knows a chance ride in the back of a pick-up truck a decade ago landed him a place in history, and an entire circus of judges, lawyers and perhaps the most difficult war crimes tribunal ever.

“It wasn’t simply a desire to see the Khmer Rouge brought to justice. It wasn’t a crusade to bring down the Khmer Rouge but it was more about trying to understand what made them kill like that,” he says. “Photography has enabled me to do that.”

As a child Dunlop first saw the photos of S-21 when they were published around the world in 1980, revealing the full horrors of the Killing Fields and the industrial-scale slaughter of men, women and children at a suburban school in Toul Sleng that Duch had converted into a death camp.

Dunlop was haunted by them. He came to Cambodia as a late teenager in 1989 and visited S-21. There, amid the thousands of black and white prints of the victims, he saw the photograph of Duch, the camp commandant. Permanently etched on Dunlop’s mind was that picture. He also carried it in his wallet. It showed the well-defined lines, wide eyes, distinctive jaw and jutting ears of Pol Pot’s most effective executioner.

It wasn’t simply a desire to see the Khmer Rouge brought to justice. It wasn’t a crusade to bring down the Khmer Rouge but it was more about trying to understand what made them kill like that

A career in photography and assignments in Southeast Asia followed. Then in 1999 while on the job in the remote village of Samlot near the Thai border, Dunlop hitched a ride with Canadian de-miners.

As they left he spotted the face from the photo and recognised it immediately.

“It was a very ordinary day,” he remembers. “It was an incredible accident. I never really thought I’d find him. I’m not a newsman, as a photographer I like to do longer term projects.”

Duch had left the Khmer Rouge a few years earlier, become a born again Christian and returned to teaching. He was working for the American Refugee Committee

under the name Hang Pin when Dunlop approached him.

“We presented him with the evidence and he confessed before us.” It was an extraordinary moment explains Dunlop as the Khmer Rouge was highly secretive and finding answers was difficult. “Duch said the truth should be known and on the public record – that surprised me.”

“Oddly, he noticed that I was carrying a Leica and commented that this was an expensive camera. I wondered how he knew that and then I remembered he had his own extensive photo collection back at S-21.”

Dunlop and the journalist Nate Thayer met with Duch a handful of times, recording his interviews as he revealed the grisly details of his stewardship at Toul Sleng.

Duch was arrested by the authorities. Dunlop wrote ‘The Lost Executioner’ winning widespread praise. And, defying the expectations of many, the first trial of a senior cadre is now done.

Prisoners were routinely beaten, faced electric shocks and had their toenails torn out. They were whipped and faced water-boarding. Surgery was performed on prisoners without anaesthesia and blood was extracted from them until they lay dying.

Pivotal to understanding this was light shed on M-13, a previously little known death camp established in 1971 in a communist held zone when Pol Pot’s forces were still

battling the US-backed Lon Nol government for control of the country.

“It’s really important in the telling of history what happened 30 years ago,” said Khmer American author and lawyer Theary Seng. “The Khmer Rouge tribunal is now shedding light on this very, very dark period.”

The court heard at least 300 people perished in M-13 near Omlaing, about 80 kilometres west of Phnom Penh, which Duch said was designed to “detain, to torture, and to smash, that is to kill” between 1971 and 1975. However, sources outside the court have said thousands died here and that Duch used this camp to hone his own brand of sadism.

Importantly M-13 became a prototype for centres like S-21 – where probably far more than the accepted figure of around 16,000 people, were systematically exterminated after Pol Pot seized control of Cambodia, renaming it Kampuchea. Duch stood trial for the deaths of 12,000.

Almost all were sent to the Killing Fields on the outskirts of town, told to dig their own shallow graves, bludgeoned with an ox-cart axle, had their throats slit and bodies dumped.

The court heard that at least another 196 death camps were operating when the Vietnamese invaded and in January 1979 forced the Khmer Rouge leadership into the countryside from where they would continue

It’s really important in the telling of history what happened 30 years ago. The Khmer Rouge tribunal is now shedding light on this very, very dark period.

to fight for the next two decades. Like the death tolls at M-13 and S-21, the number of camps was in reality much higher than the accepted figure in court. Nevertheless, Seng said Duch’s testimony left a powerful mark.

Evidence offered in case 001 included testimonies from the victims, S-21 guards and relatives of the dead, which included an Olympic rower from New Zealand. He confronted his brother’s killer after wishing him dead.

Cheam Soeu, a former Toul Sleng guard, told how four westerners – an Australian, an American, a New Zealander and a Briton – were brought there and eventually killed. He says one was taken outside the jail by three guards, told to sit down, a tire was placed over him and he was set alight. Cheam Soeu could not say which westerner had died.

Kerry Hamill of New Zealand was one of three westerners killed after their yacht was blown off course into Cambodian waters in 1978.

His brother, a rowing legend in his home country, perhaps spoke on behalf of many families. Slowly, he read a victim impact statement to the trial and wept.

He told Duch that he had ruined his family and that his parents had learned of their son’s death two months later from a newspaper report.

“At times, I have imagined you shackled, starved, whipped and clubbed, viciously. I have imagined your scrotum electrified, being forced to eat your own faeces, being nearly drowned and having your throat cut,” said Hamill, referring to some of the horrors faced by prisoners.

But the extent of his crimes was probably best captured by a Vietnamese cameraman who entered Toul Sleng with Hanoi’s invasion in late 1978.

Footage shot was ruled inadmissible by judges after it was challenged by the defence for its authenticity.

But Greg Stanton, President of Genocide Watch has no doubts to its authenticity. “It makes Nazi death camps look tame,” he says. “It’s black and white, silent, about 10 minutes. It shows bodies chained to beds. Bodies were shackled at the ankles and disembowelled. It’s the most horrible thing on earth.”

Each day the war crimes trial was in sitting, Cambodians by the hundreds attended



The Tribunal has been closely monitored by Cambodians

PHOTO BY JOHN VINK



PHOTO BY JOHN VINK

The first accused - Duch is now awaiting his verdict

hearings in the public gallery. Thousands more were glued to their television sets to hear the evidence from centre stage.

This was topped by a weekly programme – Duch on Trial – which had an estimated audience of 2.5 million people. It wrapped up the week's events at the ECCC and was the backbone for perhaps the most talked about issue in the country. As a result Cambodian Television Network (CTN), by far Cambodia's biggest broadcaster, became an important bell-wether for the trial as interest exploded towards the end of Duch's trial.

These are points not lost on the likes of Helen Jarvis, who has been involved with the trial process for over a decade. As head of the court's victims unit she says many of the victims will be relieved that the court had wrapped up the trial.

"For the last seven months they have been here almost every single day, and have been following the ups and downs, they've been on the edge of their seats, crying, angry, upset, worried,"

she said. "Their emotions have been absolute high pitched for seven months."

In urging the court to jail Duch for 40 years, after taking into consideration the 10 years already served, co-prosecutor William Smith from Australia said his crimes were comparable with Nazi Germany and Stalin's Soviet Union.

Smith was also critical of the defence arguing that Duch had not accepted full responsibility for his actions. Duch pleaded no contest.

The prosecution's demand for a 40-year sentence also came after the tribunal heard a complaint from the defense over the legality of Duch's detention, the tribunal ruled on Jun. 15 last year that Duch had been illegally detained for about four years.

Its criticism of the Cambodian judiciary was unprecedented and it found Duch deserved to be compensated, making a life sentence for Duch's crimes at S-21 an improbability.

As such legal observers said that – with time off for good behaviour – this meant Duch and

his defense team could expect to see his sentence reduced by up to 10 years.

That decision was pivotal to closing arguments although never directly referred to. It also goes some way in explaining Duch's antics on the final day when he stunned the court and changed his plea from no contest and asked for an acquittal.

Initially his lawyer Francois Roux compared his client's crimes with those committed by Albert Speer, the Minister of Armaments and War Production for Adolf Hitler in World War II and Drgan Obrenovic.

Obrenovic, the Bosnian Serb army brigade commander, was tried for war crimes in connection with the 1995 Srebrenica massacre. Eight thousand men and boys were killed.

They were sentenced to 20 and 17 years imprisonment respectively. Roux won few fans with his final arguments.

"I apologise in advance to the victims for what I am about to say," Roux said from behind the bullet-proof glass. He then

claimed the total number of deaths under Duch's stewardship was less than one percent of those who perished across the country at that time.

Then on the final day, his local lawyer Kar Savuth perhaps highlighted differences between the Cambodian and international camps by ignoring Roux's well-rehearsed strategy and suggested Duch should be released immediately.

This perhaps explains Duch's final move. Speaking in his own defence, Duch said within the ranks of the Khmer Rouge "the collective led but the individual had responsibility." Then he asked to be acquitted and released from the chamber. It was as if the ramifications of Duch's own admission had failed to register on his own personal moral compass.

In comparing the evidence offered before the court with the information Duch surrendered a decade ago, Dunlop said the truth had been told in varying degrees.

"We look at him in the context of today. It's been 10 years since



we first met. He's been truthful up to a point, there is a measure of sincerity. There is consistency in what he says but he's had 10 years to script it," he said. "The Prosecution asserts he lacks sincerity and lacks empathy for the victims, perhaps, but 10 years ago he wasn't reading an apology from a piece of paper."

"It's like we are taking down a brick wall – brick by brick – a wall that separates his emotional life and reality. Duch is being tried for the crimes he committed but not for the type of person he is. He always seemed disconnected."

Therein lies the rub, what makes a man like Duch? According to Roux, the former maths teacher was "a decent man by all accounts" before the advent of Pol Pot.

"A Christian convert made him much more interesting," Dunlop said. "Being honest with oneself and for the general good is central to being a Christian and Duch's needs are seen in his position with the Khmer Rouge and later as a Christian.

"I think he is one of those people who requires a structure. He needs a group but I'm not sure that he has the courage of his convictions," he said. "I think he has minimalised his individual responsibility while accepting a broader guilt."

Going forward Duch has probably proved his worth, provided a rich backdrop and solid foundations for the trials yet to come. And they are expected to extend beyond 2015. ■

Truth, Justice and Reconciliation?

From the show trials of 1979 to the current Khmer Rouge Tribunal is the legal process bringing truth and justice to the traumatised victims of the Khmer Rouge? Words by **Nora Lindstrom**.



PHUNG-GUTH SUNTHARY HAS BEEN a daily attendee at the tribunal since public hearings began. A civil party at the Khmer Rouge Tribunal (ECCC), her father, professor Phung Thon, perished at S-21 when the camp was under the command of his former student, Kaing Guek Eav, better known as Duch.

Sunthary wants to know the truth about what happened to her father, a respected professor of international public law. Her quest for the truth has been documented in the film *About My Father*, which was recently screened at the International Festival of Audiovisual Programmes in Biarritz, France.

“As the trial of the Khmer Rouge was going to be the first international trial that would accept victims in the court as civil parties, it seemed important to us to make a film that would focus on victims’ stories,” says the film’s director Guillaume Suon. “Through the eyes and the voice of a victim we wanted to explain what the important points of this trial are.”

TELEVISED TRIBUNAL

Sunthary’s is one of only 93 civil party cases brought against Duch in Case 001 at the war crimes tribunal. More civil parties are expected in Case 002 against Ieng Sary, Khieu Samphan, and Nuon Chea, yet it is evident not all those who suffered under the Khmer Rouge will be able to, or even want to, raise charges against the senior leaders of the murderous regime.

Judith Strasser is a clinical psychologist and senior advisor for the German Development Service (DED) at the local NGO Transcultural Psychological Organisation (TPO). She says studies have shown that victims who have chosen to become civil parties tend to have experienced more traumatic events during the Khmer Rouge, and also have higher rates of post-traumatic stress symptoms.

“There is a motivation to seek justice for their own suffering and the suffering of those who died,” she says. “However, a lot of victims

are not aware about the possibilities to participate in the trial due to a lack of consistent information delivery, especially in rural areas.”

Access to and awareness of the trial are important issues, however, an even more extensive question lies in whether a multi-million dollar, televised trial meets the needs of a nation where according to studies as many as 14 percent of the population over 35 years of age suffer from post-traumatic stress disorder following the Khmer Rouge.

“As in any juridical process, the logic of law does not always meet the needs of victims,” Judith says. “Proceedings are complex and rules sometimes hard to understand for someone with no legal background and limited education.”

Nevertheless, a publicly broadcast trial with millions of viewers can encourage victims to speak out.

“The tribunal helps psychological processing for the victims,” says Dr. Muny Sothara,

psychiatrist with TPO. Although few expect the tribunal to bring “100 percent justice”, a sense that at least some justice has been served can help both those party to the tribunal as well as those following it to process their experiences, he maintains.

“In Case 001 of the ECCC, we saw that participating actively in the tribunal’s proceedings can lead to the experience of empowerment and solidarity among victims,” Judith says. “However, this is only the case if the necessary support structures are available.”

■ TESTIMONIAL THERAPY

For nationwide reconciliation and processing, Sothara argues more grassroots activities are needed. TPO, the only NGO in Cambodia providing secondary and tertiary psychological and psychiatric services to trauma victims, currently offers Testimonial Therapy – a trauma healing approach especially designed for victims of severe human rights violations.

The technique is based on the notion that most victims of mass atrocities and severe human rights violations avoid talking about what happened to them. This prevents emotional processing of the events for the victims, as well as prosecution of the perpetrators. Through Testimonial Therapy, participants together with a counsellor write down their experiences, creating a testimony. The testimonies are then read aloud to the survivors and other community members in a Buddhist ceremony.

The method can help people “gain back dignity when their story is recognised and accepted by others,” according to Sothara. The ceremony can be a very cathartic experience, bringing relief and supporting the emotional recovery for the victim.

“The purpose of Testimonial Therapy is to process traumatic memories and to document human rights violations,” says Judith. She acknowledges that remembering past horrors can potentially re-traumatise the victim. However speaking out will lead to more questions being asked about the Khmer Rouge era, and people starting to challenge their beliefs of what happened during that time.

Testimonial Therapy ceremonies are not truth and reconciliation commissions, such as seen in post-apartheid South Africa. “At this point, Cambodian society is not ready to allow confrontations between perpetrators and victims,” says Judith. Sothara agrees, citing security concerns.

In *About My Father*, Sunthary tells her father’s captors and executioners they should not fear her as she seeks only truth and justice, not vengeance. She confronts Duch at the tribunal, demanding to know what happened to her father.

In response, Duch seems bewildered and emotional. He maintains he simply did not know his former mentor spent seven months at the otherwise so meticulously documented house of horror. Sunthary does not believe him.

“While some speak of reconciliation, for me it’s too early,” she says in the film. For her, truth must come before forgiveness is conceivable. ■



food corner

Strange Fruit and Special Flavours Part I

We all love Khmer green curry, fish amok and cha kadow but where do those unforgettable flavours come from? **AsiaLIFE** sheds some light on ingredients you can pick up at your local market.



■ **KAFFIR LIME LEAVES**
(*sluck kroch souch*)

These dark shiny leaves have a strong and tangy citrus flavour and are used in soups, or thinly sliced for salads.

■ **WATER LILY**
(*Pro let*)

The stem of this flower, which can be blue-mauve, pink or white should be peeled like rhubarb – it has a fine outer skin which will come off when one end is cut and pulled. It has nearly no flavour but a lovely crunchy texture and can be eaten raw or cooked.



■ **BABY OR PEA EGGPLANT**
(*Trop put njong*)

These small, slightly bitter eggplants grow in bunches and are used in stir-fries and curries.



■ **SAW MINT**
(*Gee Ronar*)

This green leafy herb has a very distinctive flavour and scent. It's used in soups, especially Vietnamese ones, and salads.



GREEN TAMARIND

(Umpel kje)

Unripe tamarind has a greenish brown shell and a pulp inside, but all of the pod can be used. Its sour taste lends flavour to Cambodian relishes and dips.



TAMARIND

(Umpel tom)

Only the interior flesh of the ripe bean-shaped tamarind pod is used. When bought in Asian markets or supermarkets it's usually compressed into sticky brown blocks. It's used to give a sour, slightly sweet flavour to soups, sauces and even drinks.



PHOTO BY NATHAN HORTON

LOTUS ROOT

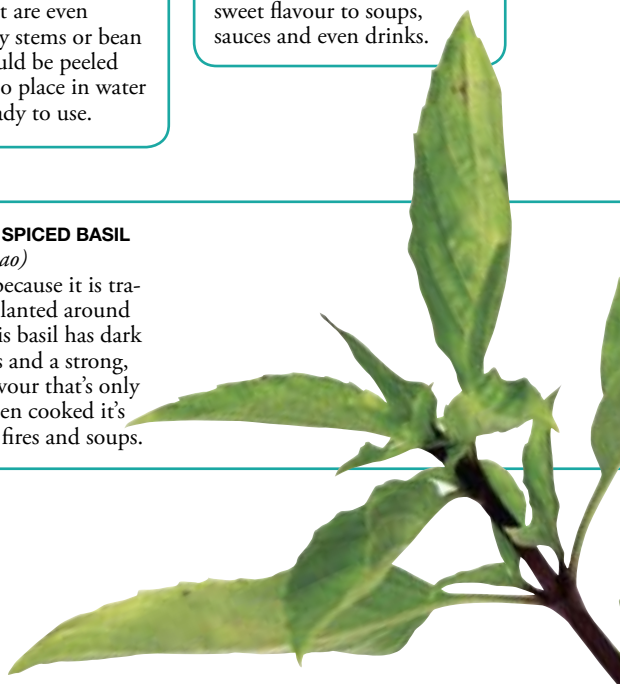
(Kra aot chook)

Beneath beautiful lotus flowers in ponds and lakes across Cambodia are dabble rhizomes or roots. Up to a metre long, young roots are eaten raw in salads while older ones tend to be cooked. They've little flavour but are even crunchier than water lily stems or bean sprouts. Lotus root should be peeled but discolours quickly so place in water with lime juice until ready to use.

HOLY OR SPICED BASIL

(Marea Prua)

So named because it is traditionally planted around temples, this basil has dark green leaves and a strong, peppery flavour that's only released when cooked it's used in stir fries and soups.



WINTER MELON

(Tra Lach)

Winter melon looks like a very large cucumber with pale skin. It's used unripe as a vegetable and ripe as a fruit, when it's slightly sweet.

Special thanks to Friend's International and the award winning cookbook 'From Spiders to Water Lilies'



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Food Talk: Take me to the River

Kate Liana takes a ride to the riverside to one of the long-time stalwarts, where Werner Inauen has just taken the helm.



RIVERSIDE BISTRO IS ONE of the first and oldest restaurants on the riverside, and fully reaps the benefits of its experience.

The popular restaurant enjoys a thriving tourist trade. Indeed, afternoons see the large patio space packed with tourists sipping Angkor and thumbing through guidebooks. In the evenings, it's a popular drinking spot for locals, many who make it one of their regular haunts.

In an effort to raise the culinary bar, owner Andreas Stanke has brought in Werner Inauen, a Swiss chef with over 30 years experience to ramp up the kitchen. Prior to this Werner worked in Vietnam where he oversaw a floating hotel that ran between Siem Reap and Saigon, and a five-star hotel in Saigon. The long-time chef is quick to admit they are in a crowded market, with new restaurants opening every day. He's determined to enhance the service, food and experience, yet still retain the true essence that has made Riverside Bistro so popular. "We need to

make this place more exciting, more of a destination," he says. "The location is perfect, and we need to do more with it."

Werner began cooking when he was 16, as his uncle and father were both chefs. At 23 he left his homeland and has since worked in countries all over the world. It was his desire for new experiences that made him choose Cambodia. "There is room to grow here, it's still very undeveloped." It's that desire to put one's mark on a place that draws many people here. He also lists the people and countryside here as a big draw as well. Similarly, he was drawn specifically to Riverside Bistro because of the atmosphere. "There was something special about this place, and I saw a lot of potential. It's amazing, just look around," he says, sweeping his arms around the large, cavernous space.

Neon signs outside the restaurant give a festive, Vegas-style vibe, while inside the décor gets eclectic. Murals depicting Khmer folk-tales line the walls, under high arches. Werner explains that

the building, with spacious high ceilings, is over 100 years old – chandeliers and various antiques adorn the interior.

Usually crowded with drinkers and diners alike, the place has a good buzz. Music is another aspect that sets Riverside apart, offering a live band Wednesday through Sunday. On Monday nights they feature an open mic, where anyone can jump on stage and get behind the keyboard or a guitar and belt out a tune or two.


Amid all this activity, the food is still the star attraction. In an effort to appeal to their solid tourist crowd, they will offer classic, home-cooking favourites such as coq au vin (US\$10) and pork knuckle (US\$12). For locals or those with more exotic tastes, Werner rolls out a new fusion menu that combines Asian and Western flavours in dishes that feature fresh seafood and salads. His personal favourites, Thai and Japanese food, are represented with green curries and tempura dishes.

One new venture is Werner's Tuesday night Australian-style

Bar-B-Q. Sirloin steaks, sausage, lamb, roast chicken and fish will all be sizzling away on the outdoor grill, items range from US\$6-11.

In a city that is fond of inebriation, drinks are not forgotten. House cocktails include the riverside sunrise (US\$4.50) and mekong slush (US\$4), a mix of crushed ice, tequila and red bull that's sure to leave your brain a similar consistency. Wines, mostly Chilean, are provided by Celliers D'Asie. In addition to local brews, Beck's, Heineken, and Corona are on offer.

Now in Asia for 11 years, he loves the culture, diversity and warmth of the people. Most of his projects involved training and launching new ventures, so he's excited to be back in the kitchen. "Cooking is a lifelong obsession," he declares. "There's no where else I want to be."

Riverside Bistro, Cnr. Sisowath Quay & Street 148, Tel: 012 277 882 or 012 766 743. Open from 7am to 2am. 



TOPAZ RESTAURANT



Topaz Restaurant, simply put, is the most renowned French restaurant in Cambodia. Opened in 1997, the restaurant has developed a sterling reputation amongst the discerning clientele of Phnom Penh. Continuing more than a decade of innovation, the Topaz menu evolves

constantly and offers authentic French food in a sophisticated yet pleasant setting.

Beginning of 2007, the restaurant relocated to a stunning, spacious property at 182 Norodom Boulevard. This entirely custom-built establishment includes a dining room that can seat 100 comfortably, 4 VIP Rooms, a luxurious garden, a terrace under the stars that can accommodate 150, a wine cellar boasting 5,000 bottles as well as a Cuban cigar room unique in Phnom Penh.

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restaurant guide

key to symbols

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|-----------|-----------------------------|---|--------------------------------|
| 01 | Under \$3 per average dish | A/C | Air Conditioning |
| 02 | \$3 – \$6 per average dish |  | Free home delivery available |
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cambodian

Boat Noodle
8B Street 294,
Tel: 012 774 287
Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**

Frizz
67 Street 240,
Tel: 012 524 801
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. It has cookery classes too. Open 10am to 11pm. **02**

Green Pepper
6F Sotheros Blvd., Tel: 017 417 776
Serving Khmer and Thai food in an cosy setting near the riverfront. Open from 10am to 2pm – 4pm to 10pm **02**

K'NYAY
25K Suramarit Blvd. (Street 268),
Tel: 023 225 225 or 092 665 225,
www.knyay.com, knyay@hotmail.com
Modern Khmer restaurant that is tucked away down an alley off of Sihanouk Blvd. The menu includes a selection of freshly prepared, vegan dishes, along with more traditional Cambodian specialities. Also offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Monday–Friday 12pm–9pm, Saturday 7am–9pm, closed Sundays. **02**

Malis
136 Norodom Blvd., Tel: 023 221 022
www.malisrestaurant.com
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

Magnolia
55 Street 51,
Tel: 016 944 493
Well-priced Khmer restaurant conveniently located on Street 51, has an extensive menu serving breakfast and buffet lunch (from 11am to 2pm). Fish, squid, eel, frog, chicken, beef, and pork dishes all have their own page on the menu. Cocktails are surprisingly good and WiFi is complimentary though slow. Open 6.30am–10pm. **02**

Pon Loc
319 Sisowath Quay, Tel: 023 212 025
Large, multi-storied restaurant serving Khmer food on the riverfront. Always seems to be filled out with locals and tourists alike. Open 10am to 12am. **02**

Romdeng
74 Street 174,
Tel: 092 219 565
Recently moved to new location on Street 174 and run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to 9pm. **02**

chinese

Hua Nam
753 Monivong Bvd., Tel: 023 364 005
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

Man Han Lou Restaurant
456 Monivong Blvd., Tel: 023 721 966
Micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as dim sum breakfasts from 6am to 10am. New menu introduced in May. **03 A/C**

Mekong Village
290 Monivong Bvd., Tel: 023 218 888
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**

Sam Doo
56-58 Kampuchea Krom (Street 128),
Tel: 023 218 773
The place for dim sum in Phnom Penh, baskets of steamed prawn dumplings, pork buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. Open 7am to 2am. **01**

Xiang Palace
Intercontinental Hotel, 296 Mao Tse Tung, Tel: 023 424 885
Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. Open 11.30am to 2.30pm (Sunday from 9.30pm), 5.30pm to 10.30pm. **04 A/C**

Yi Sang Chinese Restaurant
128F Sotheaors Blvd., Tel: 023 220 822
www.almondhotel.com.kh
Restaurant specialising in Cantonese food and dim sum that fuses the traditional with the contemporary, set on the ground floor of the Almond Hotel. Serves some of the best dim sum in town. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm – dim sum not served in the evening. **03 A/C**

french

Atmosphere
141C Norodom Blvd., Tel: 023 994 224
Well-established aircon restaurant serves fine French food in an elegant yet tastefully decorated setting. Close to Independence Monument. Open from 11am to 2pm and 6pm to 10.30pm. Closed Sundays. **03 A/C**

Bougainvillier
277C Sisowath Quay, Tel: 023 220 528
Elegant, riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and excellent French wines. Three course set lunches are also available. Open from 6am to 11pm. Also has rooms upstairs. **03 A/C**

Comme à la Maison
13 Street 57, Tel: 012 951 869
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street.

One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03 886**

Equinox

3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late, Serves food from 7am to midnight and delivers from 8am to 10pm. **02 886**

La Croisette

241 Sisowath Quay, Tel: 023 220 554
Riverfront restaurant with an ample outside dining area screened off by trees. Good, reasonably-priced, French cuisine with excellent barbecues, as well as Asian and Khmer food. Newly redecorated with more indoor air-con space. Open 7am to late. **02 A/C**

La Marmite

Cnr. Streets 108 & 51, T el: 012 391 746
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 10.30pm. **02 A/C**

La Residence Restaurant

22/24 Street 214, Tel: 023 224 582
Fine dining on an international scale in this sophisticated restaurant, where French classics meet gourmet, modern cuisine. Open from 11.30am to 2pm & 6.30pm to 10.30pm. **04 A/C**

Le Jardin

16 Street 360,
Tel: 011 723 399
Beautiful shaded restaurant with large garden and spacious outdoor play area for kids. Serves excellent ice cream. Open 7am to 6pm. **02**

Tamarind

31 Street 240, Tel: 012 830 139
Bold Mediterranean / North African restaurant set on three floors which serves couscous, tagines, chawarma, tapas and mezze. Small bar with pool table downstairs denies the elegance upstairs, especially the roof terrace, which opens after sunset. Open 10am to 12pm. **03 A/C**

The Wine Restaurant

219 Street 19,
Tel: 023 223 527
Excellent fine dining restaurant in the same grounds as Open Wine. The fresh food and extensive selection of wines make this one of the more exclusive places to dine in town. **04 A/C**

Topaz

182 Norodom Bvd,
Tel: 012 333 276 / 023 221 622
Sophisticated, aircon restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

Van's Restaurant

5 Street 102,
Tel: 023 722 067
French fine-dining in a grand setting awaits at Van's, located on the second floor of a well preserved colonial era building near the city's Post Office. Open every day from 11.30am to 2.30pm and 5pm to 10.30pm. **04 A/C**

indian sub-continent

Annam

1C Street 282,
Tel: 023 726 661 / 099 926 661
Beautiful terracotta terrace and garden restaurant serving north and south Indian cuisine. Featuring an open kitchen and air-con kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm, Closed on Tuesdays. **03 A/C 886 WiFi**

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15 Street 51, Tel: 012 673 276 Street
This small south Indian restaurant opened in January. True to its name it has a wide range of very good value dosa (US\$1 to US\$2) as well as thali and biryani dishes (US\$2.50 to US\$4). Air-conditioned, it's open from 7am to 10pm. **02 A/C**

East India
9 Street 114, Tel: 023 992 007
Predominantly South Indian cuisine in this pristine restaurant. Excellent breads including 9 types of dosa. All-you-can-eat vegetarian Sunday special for US\$4. Open 11am to 2pm and 5.30pm to 10.30pm. **02 A/C**

Flavours of India
158 Street 63, Tel: 012 886 374 / 023 990 455
Relaxing Indian and Nepalese restaurant with friendly staff and a good range of dishes. Both the vegetarian and meat thalis are good value. Open 10am to 11pm. **02 A/C**

Mount Manaslu Café
1a Street 282, Tel: 023 996 514 / 012 637 485/017 760 740
Nepalese restaurant set in the heart of Boeung Keng Kang serves authentic cuisine from the kingdom as well as Indian, Khmer, Thai and Chinese dishes. Also has a good range of cocktails and shakes. **02 A/C**

Saffron
17B Street 278, Tel: 012 247 832
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

Sher-e-Punjab
16 Street 130, Tel: 092 992 901
Just off the riverfront, this restaurant is a favourite haunt of Phnom Penh expats due to its tasty tandoori dishes. Highly courteous service, and generous free snacks and condiments make this a wallet friendly option. **02 A/C**

Shiva Shakti
70 Sihanouk Blvd., Tel: 012 813 817 / 023 213 062
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

International

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of a European coffee house. German flame cakes and eau de vie as specialities. Features art exhibitions and classical music performance on Friday and Saturday. Open from 11am to 11pm. **02 A/C**

Aussie XL Café
128 Sotheaors Boulevard, Tel: 023 301 001
Aussie style bistro food with quick lunch

menu from \$5. Good selection of house wines and retail wines. Open 7am to 11pm. **03 A/C**

Billabong
5 Street 158, Tel: 023 223 703
Excellent western and Asian food which comes with a dip in the hotel's beautiful pool. Recently renovated. Open from 6am to 9pm. **02**

Bodhi Tree Umma
50 Street 113, Tel: 023 211 397
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 7am to 9pm. **02**

Café Living Room
9 Street 306, Tel: 023 726 139
Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great tea and coffee menu. Has a kid's playroom and baby changer. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Do It All Pub & Bistro
61 Street 174, Te: 023 220 904
A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

Edelweiss Restaurant
375 Sisowath Quay, Tel: 092 341 329 / 012 422 589
This open-air restaurant specialising in German and Khmer food offers the perfect spot to enjoy an Erdinger beer while watching life go by on the riverfront. Open 10am to late. **02**

Elsewhere
2 Street 278, Tel: 012 660 232
On the Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C**

FCC Phnom Penh
363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant, with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **03**

Fish
Sisowath Quay, cnr of Street 108, Tel: 023 222 685
Contemporary, modern restaurant specialising in all things oceanic. Menu includes everything from lobster through sushi to gourmet fish and chips for upmarket, but reasonable prices. Open 7am to late.

Flavours
Cnr. Street 51 & 278, Tel: 017 765 896
Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs falling onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late. **02**

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Review: Ocean

Chocaholics and fans of seafood should not miss out on this classy establishment, as Nora Lindstrom finds.



PETITE AND TUCKED AWAY from the tourist hoards, restaurant Ocean is a favourite among many expats. With a pan-European feel, it combines Nordic minimalism with Mediterranean fare. With the emphasis on seafood, also featuring interesting anti-pasto as well as home-made pasta dishes.

For starters, the oyster mushrooms with arugula salad (US\$4) are an absolute winner. Fried with garlic, spring onion and fresh herbs, the mushrooms have a wonderful crispness about them, their subtle flavour is beautifully complemented by the nutty taste of the arugula. Off the specials menu, the homemade ricotta-spinach gnocchi (US\$6) is also worth a try. Complemented by fresh European basil, it's a culinary treat to the palate.

What Ocean is most famous for however are its filets of red snapper (US\$10). Lightly fried and served with a choice of mashed or fried potatoes with carrot, as well as eggplant or green beans, this is a highly sought after dish that seldom disappoints. The fresh tuna steak (US\$10) is unfortunately another matter. Expectations of a thick, lightly seared chunk of meat are not met

when a plate with an over-cooked tuna medallion is served. Even allowing for the difficulty of sourcing sashimi quality tuna and hence not serving the tuna seared, the dry bit of fish is disappointing. The potato mash and crisp beans liven up the dish somewhat, but overall it makes you wish you'd gone for the red snapper.

Thankfully the short but well-executed dessert menu restores gastronomic delights onto the palate. The crème caramel (US\$3.50) has the lush taste of burnt sugar, while the coconut ice cream with toasted coconut (US\$1.50) has diners over the moon. A definite not to miss is the chocolate mousse (US\$4), which many claim to be the best in town. Complemented by vanilla sauce and raspberry coulis, chocaholics will not regret the small splurge.

A meal at Ocean is not complete without owner Herbert offering you a digestif on the house. A lovely gesture, the complimentary shot makes it likely you will leave the establishment with not only a full tummy, but also a smile on your face.

Ocean, 11 Street 288.
Tel: 017 766 690. Open 12pm to 2pm, 6pm to 10pm. 🍴

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EO 18 Shihanouk Blvd, Phnom penh, 012 601 095

Friends
215 Street 13, Tel: 012 802 072
Non-profit training restaurant where all the proceeds go to the neighbouring street-kid school. Food is a reliable mix of Mediterranean and Asian with tapas thrown in if you are not feeling too hungry. Great juices. Another one of Phnom Penh's places designed to take it easy, but this time with a clear conscience. Open 11am to 9pm. **01**

Garden Center Café
60-61 Street 108, Tel: 023 997 850 / 092 429 968
www.gardencentercfe.com
Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02**

Garden Center Café 2
4B Street 57, Tel: 023 363 002 / 092 206 582
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Tuesdays.

Gasolina
56/58 Street 57, Tel: 012 373 009
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 7am to 12.30am Closed Mondays. **02**

Green Vespa
95 Sisowath Quay, Tel: 012 887 228
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6.30am till late. **02 A/C**

Golden Mermaid
28 Street 13, Tel: 023 998 480
New, sophisticated restaurant near the Post Office in the old quarter, serving traditional Old European fare. Elegant, relaxed atmosphere, housed in a beautifully restored French colonial building. Open 7.30am to 2.30pm, and 5pm to 10.30pm.

Gym Bar
42 Street 178, Tel: 012 815 884
The best sports bar in town also has reasonable food. Good burgers, curries and an ignominiously named Joel Garner hot dog. Open 11am to late. **02 A/C**

Irina Russian Restaurant
15 Street 352, Tel: 012 833 524
Russian restaurant of iconic Phnom Penh status. If you can walk out of the restaurant after hitting the vodkas then you are doing well. Open 12pm until the vodka runs out. **02**

Jaon
Cnr. of Sisowath Quay & Street 106
Latest venture from the owners of the popular Flavours Restaurant and Liquid Bar on Street 278, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **02**

Java Cafe & Gallery
56 Sihanouk Blvd., Tel: 023 987 420

Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C**

K West
1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. Now has a brasserie menu with daily specials. Also has free WiFi. Open 6.30am to midnight. **03 A/C**

Le Liban
3 Street 466, Tel: 023 727 130
Lebanese restaurant with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open Tuesday – Sunday from 11am to 3pm and 6pm to 11pm. **03 A/C**

Le Quay Café
Cnr. Sisowath Quay & Street 110, Tel: 023 998 730
www.amaraspahotelcara.com
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy addition to the riverside scene. Open from 8am to 11pm (to 1am on Friday & Saturday). **02 A/C**

Le Rit's
14 Street 310, Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

Madeleines Bakery
172Eo Street 51, BKK I, Tel: 012 988 432
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm. **02**

Metro Café
Cnr. Sisowath Quay & Street 148
Tel: 023 222 275
Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. Try the Espresso and you'll never look back. Free WiFi. Open 10am to 11pm. **03 A/C**

Nature & Sea
Cnr. Street 51 & 278, Tel: 012 195 3810
Laid back eatery overlooking Wat Langka. Serves many types of fish dishes as well as some great crepes. Also sells some take home organic produce. Open everyday 8am to 10pm. **02**

Ocean
11 Street 288, Tel: 017 766 690
European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **03 A/C**

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Bargain Bucket: Paratan

Melissa Fisher has found yet another tiny hole-in-the-wall gem.



HIDDEN BEHIND WAT Saravon, the Khmer-Thai restaurant, Paratan sits on Street 23, around the corner from Street 172. The two-story complex and outdoor patio makes this a Phnom Penh oasis, complete with a rectangular reflecting catfish pond and plenty of shrubbery. The open air seating area provides large, sturdy wicker chairs for evening relaxation while sipping a glass of fresh carrot fruit shake for US\$1.90. The ground-floor interior provides another refuge from the heat, where you can comfortably enjoy popular dishes like an order of crispy Spring Rolls, US\$3.50 or the popular Pad Thai flat noodles with pork, beef or chicken, US\$3.70. For more traditional dining, upstairs the cushioned floor seating covering the entire indoor area, allows for larger parties to share

a meal Thai-style. An open balcony keeps diners from feeling claustrophobic. The extensive Khmer and Thai menu is a constant page-turner for hungry diners, but the friendly wait-staff can point out client favourites from the soup, stir-fry, salad, or seafood options listed under each regional cuisine. Though portions are big, be wary as sticker prices listed next to items may vary from menu to menu. Do double check before ordering the price of your dish! Paratan plays host to the occasional busload of tourists, but with three different seating areas, it should not be a problem to find a quiet place to dine. Bring kids as well, as the fishpond and rabbit cages make this one very different dining experience.

*Paratan, Open Daily
9am-10pm. 82-44 Street 23.
Tel. 012 530 707. 📍*



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Intercontinental Hotel
No. 56, Sihanouk Blvd
No. 17, St. 228
No. 09, St. 306
No. 33A, St. 271
No. 32C, St. 592
Naga World Hotel
St. 184 (Riverside)
Mao Tse Toung Blvd
Preah Sihanouk Blvd
No. 05, St. 102

Siem Reap

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Hotel De La Paix
King Cafe
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Bokor Mountain Lodge Hotel

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Koh Kong

Aqua Sunset

Koh Kong

Best Kept Secret: Oscar's Bar & Restaurant

A funky place in a popular area with delicious and cheap meals... what else could you wish for? Words by Dorine Schreiner.



THIS LOCALLY RUN restaurant has enough going for it before even mentioning the food. The rattan furniture is comfortable and music is always playing. Use a thumbtack to pin your home country on the world map. Order your dish in Khmer by reading the translation posters on the wall. Buy the artwork displayed behind the bar. And... eat!

Whether you're dealing with a hangover, or just very hungry, the All Day Breakfast is a winner – two eggs, French fries, two pieces of toast, tomatoes, beans, mushrooms, sausage or bacon, including coffee or tea for just US\$3. The menu has many options with pleasant surprises, ranging from a variety of Khmer curries (US\$2.50), noodle soups (US\$2), spaghetti (US\$3), blue cheese steak (US\$3) and fried rice dishes (US\$2) to French fries (\$1). Vegetarians don't need to panic about being eaten, the 'fried vegetarian' (US\$1.50) on the menu actually refers to a plate of vegetables with oyster sauce, served with steamed rice.

Unfortunately fish wasn't available on our visit, but the tom yum chicken (US\$2.50) is extremely tasty and not too spicy. All tables have a variety of sauces to spice up your meal the way you like it. We also ordered the chicken coconut curry (US\$2.50), which was amazing. Steamed rice is included. Portions are large and service is quick. The ingredients at Oscar's are fresh and the food definitely has pizzazz! Last, but not least the happy hour is from 4-9pm, when beer is US\$0.75 (all other times – US\$1) and cocktails are US\$1.75-US\$2.75.

While some young tourists play pool at the pool table, others hang around at the bar, watching a movie on the television. Someone else is using the WiFi on the computers in another corner. A live band performs regularly. All in all, Oscar's is an eclectic and well-priced restaurant, right in the heart of Phnom Penh.

Oscar's Bar & Restaurant,
8 Sisowath Quay, Tel. 016 862 730 / 089 406 860. *Opening hours are flexible, from morning to night.* 🍷

One More Pub
16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 11am to 2pm & 5pm to 12am, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C** 🍷

Pacharan
389 Sisowath Quay, Tel: 023 224 394
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Airon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 12am. **02 A/C**

Pelican
4D street 278, Tel: 023 214 540
A variety of pies made fresh every day, served hot and ready to eat in a cardboard takeaway box. Open 10 am to 7pm

Pickled Parrot
4-6 Street 104,
Tel: 012 633 779 / 023 986 722
www.tonlesapguesthouse.com
Airon bar with an excellent 9-ball pool table, 24-hour satellite sports channel. Reliable international and Khmer cuisine is available at the bar. Open 24 hours with free WiFi. **02 A/C** 🍷

Restaurant Tell
13 Street 90, Tel: 023 430 650
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's District 1, it has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. Open 11.30am to 2pm & 5pm to 11pm. **03 A/C**

Rising Sun
20 Street 178, Tel: 012 970 719
English-style pub with good breakfast, meat pies and hamburgers. Has a regular following at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to last orders. **02** 🍷

Riverhouse Restaurant
6 Street 110, Tel: 012 766 743 / 023 212 302
Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food. Has a nightclub upstairs. **03 A/C**

Riverside Bistro
Cnr. Sisowath Quay & Street 148,
Tel: 012 277 882 / 012 766 743
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace area to view the river. Serves a mixture of Asian and western food with an emphasis on German cuisine. Has rock music videos and a pool table in the Mata Hari pub at the back. Open from 7am to 2am. **02** 🍷

Scoop Bistro Bar
2-6A Regency Square,
Mao Tse Tung Blvd., Tel: 023 424 457
Chic bistro with a simple, yet refined black & white design with comfortable, high-backed dining chairs providing seclusion from other diners. Wonderfully conceived menu with homemade pasta and varied selection of vegetarian dishes. Slightly raised lounge area is ideal for cocktail or coffee. Three private rooms. Open 11am to midnight, closed Sundays, reservations recommended. **04 A/C** 🍷

Steve's Steakhouse
20 Street 51, cnr. Street 282,
Tel: 023 987 320
Longstanding restaurant specialising in local grain-fed beef as well as a large variety of imported steaks, hamburgers, ribs and Greek cuisine. Has a terraced lounge with pool tables upstairs as well as a sports bar with large screen TV. Happy Hour from 12pm to 7.30pm. Open from 11am to 10.30pm. **02 A/C** 🍷

Talkin to a Stranger
21B Street 294
Cosy garden restaurant cum bar using imported Australian and local products. Menu changes regularly and Thursday night is special roast lamb night. Excel-

lent cocktails menu. Open 5pm to late, Sunday to Friday. Sat closed, but available for private functions. **02**

T-Bone Steak House
392 Monivong Boulevard,
Tel: 012 900 138
Serves a premium selection of both imported and Cambodian beef, in a class, air-conditioned setting. A carnivore's delight. Open 12pm to 2pm and 5pm to 11pm

The Shop
39 Street 240, Tel: 092 955 963
Stylish café, with a wide range of fresh bread, tempting patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

Vego
3E0 Street 51, Tel: 012 984 596
Modern salad bar offering home-made bagels, fresh fruit and vegetable juices, as well as wraps and salads for eat-in or takeaway. Choose from a large selection of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. **02 A/C**

Velkommen Inn
23 Street 104, Tel: 092 177 710
Comfortable hotel restaurant and bar, the Velkommen Inn, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialties with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

italian

Aria D'Italia
9 Street 254, Tel: 012 840 705
Cute little Italian pizzeria tucked away between Streets 51 and 55, next to Naga Clinic. Well-priced lunch set menu and homemade ravioli. Home delivery available. Open 10.30am to 2pm, and 5.30pm to 10pm. **03 A/C** 🍷

La Volpaia
20-22 Street 13, Tel: 023 992 739
Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside airon room. The cuisine is excellent with pizza and pasta cooked fresh in front of your eyes. **03 A/C** 🍷

Le Duo
17 Street 228,
Tel: 012 342 921 / 023 991 906
This beautiful restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas and pasta. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm (closed Wednesday lunch). **02 A/C**

Luna d'Autunno
6C Street 29, Tel: 023 220 895
Beautiful courtyard or stylish interior air-con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm and 5.30pm to 10.30pm. **03 A/C** 🍷

Pop Café
371 Sisowath Quay, Tel: 012 562 892
A sophisticated, small Italian restaurant located next to the FCC that serves light, contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.30pm and 6pm to 10pm for dinner. **02 A/C**

japanese & korean

Fusion Sushi
Cnr. Streets 47 & 84, Tel: 023 986 114
Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves excellent quality Japanese and Korean sushi. **04 A/C**

Le Seoul
62 Monivong Blvd.
Popular up-market South Korean restaurant specialising in BBQ. Each table is equipped with its own charcoal burner. All beef is imported from the U.S.. Open from 11am to 2.30pm and 5pm to 10pm. **03 A/C**

Mr. Sushi & Ko Ro Ro
18 Sihanouk Blvd., Tel: 012 601 095

Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Suzume
14A Street 51, Tel: 092 748 393
Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Origami
88 Sothearos Blvd., Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

Yumi Restaurant, Bar and Grill
29a Street 288, Tel: 092 163 903
An elegant but inexpensive English run Yakitori restaurant nestled in to a quiet street in BKK. Serving top-notch Japanese nibbles, hot and cold sake, plum wine, wine and beer. Don't leave without trying the salt and chili squid. **03 A/C**

mexican & tex-mex

Alley Cat Café
Cnr. of Streets 19, 178, Tel: 012 306 845
Small, friendly patio café serving good Mexican food and claiming to have the biggest burgers in town. Hard to find, Alley Cat is tucked down an alley at the back of the National Museum, the first on the right if you are coming from Street 178. **02**

Cantina
347 Sisowath Quay, Tel: 023 222 502
A mainstay of the riverside scene, this is a popular meeting place for local expats. Serves good Mexican fare and features photographs that capture the changing face of Cambodia. Wicked tequilas and margaritas. Open 3pm to late, closed on Saturdays. **02**

Casa Lika
16 Street 136, Tel: 012 429 542.
An American run family restaurant serving up some of the best Mexican fare in town. The rustic brick walls and colourful Mexican artwork sets an authentic tone. With great music and even better tacos. A great place to share some Coronas with friends. **02**

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&F. Open 7am to midnight. **02 A/C**

Sharky Bar
126 Street 130, Tel: 023 211 825
www.sharkysofcambodia.com
Not just a pretty face, the biggest & most famous of Phnom Penh's bars has one of the best menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02**

thai & pan-asian

Anise Terrace
2C Street 278, Tel: 023 222 522
Beautiful terrace restaurant serving up South-East Asian cuisine. Does excellent value breakfasts and also sells New Zealand ice cream. Open 6am to 11pm. **02**

Chow
277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices andilly coffee. Great place to have a drink during it'd half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

Kucina Filipina Garden
No 16 Street 306, Tel: 023 993 219/099 860 775
Settled in a nice villa with open air garden. Kucina serves non-vegetarian and vegetarian food. It is very popular with the Penh's Filipino community, excellent value meals. Open from Monday-Friday from 7am-6pm, every Friday and Saturday serves dinner buffet from 6:00pm-8:30pm. **01**

Lemongrass
14 Street 130, Tel: 012 996 707
Elegantly designed Thai-managed restaurant that serves Thai and Khmer cuisine. Aircon with stylish use of heavy wood and artefacts to create a far more luxurious ambience than the reasonable prices would suggest. **02 A/C**

Le Wok
33 Street 178, Tel: 092 821 857
Light and modern pan-Asian and French eatery with dishes such as prawns with lime and wasabi and Mekong lobster thermidor. Comprehensive wine list and cocktails. Open Daily from 9am to 11pm. **03**

Paratan Restaurant
42 Street 172, Tel: 012 530 707/011 530 707
Cozy, traditional-style Khmer-Thai restaurant near Wat Saravorn. Set on two floors, the first floor also features a open-air balcony. Open 9am to 1pm, free delivery.

Regent Park Hotel
58 Sothearos Blvd., Tel: 023 427 131
Little known but excellent Thai restaurant that serves well prepared and wonderfully spicy dishes. A subdued elegant setting and reasonable prices make this a real find. **02 A/C**

Singapore Kitchen
110 Street 360, Tel: 092 201 304, 017 821 480
Specialising in classic Singapore hawker food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksa - full of wholesome ingredients and with a great spicy, creamy sauce - those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9.30pm, does delivery. **02 A/C**

cafés

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of an European coffee house that opened early January. German flame cakes and eau de vie as specialities. Open from 11am to 11pm. **A/C**

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Brown Coffee & Bakery
 17 Street 214, Tel: 023 217 262
 Stylish, locally owned café with bakery on the premises. Serves affordable coffees, though house specialty is the green tea latte. Open 7.30am to 8pm. 02 ☎

Café El Mundo
 219 Sisowath Quay, Tel: 012 520 775
 Affordable and stylish riverside café and restaurant with adjacent apartments for short-term hire. Seating available on the mezzanine lounge, ground-floor restaurant and on the street-side terrace. Open 6.30am to 10.30pm.

Café Fresco I
 363 Sisowath Quay, Tel: 023 217 041
 This outlet at the base of the FCC sells strong Illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. A/C ☎

Café Fresco II
 Chr. Streets 51 & 306, Tel: 023 224 891
 Second outlet of the popular riverside café is in BKK. Has a similar feel and menu to its fore-runner including the same excellent coffee. Open 7am to 7pm. A/C ☎

Café Fresco III
 58 Street 53, Tel: 023 214 984
 The third outlet on the chain has the same mix of sandwiches, cakes, coffee and smoothies is close to the Central Market, making an ideal location to take a break from all that shopping. Open 7am to 6pm. A/C ☎

Café Living Room
 9 Street 306, Tel: 023 726 139
 Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changerroom. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. 02 A/C ☎

Street Food: Jayk Ang (Grilled Banana)



Name: Jayk Ang (Grilled Banana)

Price: 500 Riel per skewer of four bananas.

Ingredients: Peeled banana is dipped into a white liquid made from coconut milk, sugar, salt and MSG.

Served: Four bananas are skewered on one stick and grilled slowly on both sides until

the outside becomes golden and crispy. The inside remains soft.

Taste: The outside is a bit tough, but the inside is soft, moist and sweet. The mix of sweet and salty is strangely pleasant. (2 out of 5).

Where to get it: From street carts pushed along the roads.

Other Info: Available all day. 🇰🇷

T-BONE

Steak House

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 corner st360
 012 900 138





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33 street 178

Café Sentiment

64 Monivong Blvd.;
Sovanna Mall; Cnr. Streets 63 & 278
Popular coffee shop chain run by the same Thaliss group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and air-con make these outlets a good place to take some time out. **02 A/C**

Café Yeji

170 Street 450, (near the Russian Market),
Tel: 012 543 360
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **02 A/C**

Chill Ice Cream & Coffee Lounge

219D Sisowath Quay, Tel: 092 547 534
Pretty, casual lounge on the riverside offering coffee, sandwiches, cocktails, and some of the best homemade ice cream in town, as well as inventive ice cream cocktails. Open 11am to midnight. **02 A/C**

Corner 33

33E2 Sothea Blvd., Tel: 092 998 850
First-floor café overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C**

Java Café & Gallery

56 Sihanouk Boulevard, Tel: 023 987 420
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The relaxed inside dining area has a small gallery attached to it. Open 7am to 10pm. **A/C**

Java Tea Room @ Monument Books,

111 Norodom Blvd., Tel: 092 451 462
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

La Gourmandise Bleue Patisserie

159 St 278,
Tel: 023 994 019
Delightful French patisserie with a touch of the middle-east, offering chocolates, macaroons, pastries, baklava along with coffee and tea. The menu now includes breakfast, salad and couscous (order one day in advance). Open from 7am to 8pm. **02 A/C**

Madeleine's Café & Bakery

19 Street 228,
Tel: 012 988 432
Bakery and restaurant offering a variety of baked goods, organic lunches and catering services. Open Monday to Saturday 8am to 5pm.

Morning Café

32C Street 592,
Tel: 023 982 109 / 012 808 816
Cosy air-conditioned coffee house with relaxed atmosphere, located in Toul Kork district serves Khmer, Thai and European cuisine. Open every day for breakfast, lunch and dinner from 6am to 9pm.

The Coffee Maker

50 Sihanouk Blvd.,
Tel: 023 987 721 / 012 506 400
Recently opened, modern café overlooking Hun Sen Park, serves coffee, juices and light refreshments. Already popular with middle-class Khmers, this is a great place to watch the early evening exercises.

The Deli

13 Street 178, Tel: 012 851 234
Chic delicatessen, bakery and small restaurant serving excellent bread and pastries. Take-away menu includes sandwiches from US\$2.50 and salads from US\$3. Open from 6.30am to 10pm (closed Sundays). **A/C**

TWG Tea Shop

Amanjaya Hotel, 1 Street 154 & Sisowath Quay
30 types of beautifully packaged loose and bagged teas, as well as six different types of flower teas. Also retails cups and teapots.



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bar stool

An Italian Job

A daily shot of caffeine is what keeps many of us going, yet what distinguishes a great cup of real Italian espresso from “tamada” roadside ice coffee saturated with sweetened milk? **Nora Lindstrom** investigates.



Two Italian classics - Fresco favours Illy, while Java opts for Lavazza

GORGEOUSLY ADDICTIVE, coffee has a large part of the world under its spell. Now one of the most traded commodities on the global market, its conquest of the world is said to have begun in either Yemen or Ethiopia, possibly as early as the ninth century. From humble beginnings, the drink over time spread through North Africa and the Middle East, where it was occasionally banned due to being perceived as intoxicating by religious institutions.

Nevertheless, coffee gained a reputation as a Muslim drink, and only hit it big in Europe after declared suitable for Christians by Pope Clement VIII in 1600. Heavily involved in trade at the time, Italy became the obvious home of coffee in Europe.

Though Finland along with other Nordic countries now top the list of per capita coffee

consumption, many still regard Italy as the origin of the beverage, and are willing to pay a premium for a real Italian brew.

But what is it that makes Italian coffee just so much better?

“Italian coffee is so special because of the roasting procedure,”

says Neapolitan Giorgio, owner of Italian restaurant Pop Café on Phnom Penh’s riverside. “Because of how the beans are roasted, the coffee is not so strong, but it is delicate and rich.”

He describes how genuine Italian coffee, made primarily from Arabica beans, is lightly roasted without oil or butter. This makes the final beverage have a low caffeine content, which he claims is why espressos can be drunk throughout the day. “In Italy, people go to the bar for an espresso anytime, it’s an institution,” Giorgio says.

An espresso, or its shorter version ristretto, is considered the purest form of coffee. “A real espresso has no sugar, no milk, it’s just a very short shot,” Giorgio says. Milky coffees are traditionally reserved only for the morning. “In Napoli, there is no way a customer would order a latte or a cappuccino during the

What’s in a bean?

ALTHOUGH THE COFFEE beverage is often referred to as Italian, Viennese, French, or even American, based on where and how the coffee beans were roasted, the coffee bean itself hails from none of these places. Grown mainly in Latin America, Asia and Africa, with Brazil as the world’s top green coffee producer, two main types of coffee plants are generally cultivated, Arabica and Robusta.

Arabica beans are considered superior quality, and indeed three quarters of

coffee grown worldwide is of this variety. Robusta, a newer variety, was first collected in the Congo around 1890. It has a significantly higher caffeine content, and tends to be slightly more bitter and less flavourful than Arabica. However, robusta is less vulnerable to diseases than its cousin, making it cheaper to produce. Most coffee plants grown in Southeast Asia are of the robusta variety, which explains why Vietnamese ice coffees are such heart stoppers. ■

day,” Giorgio says. “If someone did, the waiter might even refuse to serve it. The customer was probably American anyway.”

Though Italian coffee culture for better or worse is yet to land in Cambodia, a respectable amount of establishments in Phnom Penh have opted to serve coffee made from Italian roasted beans, despite the higher cost compared to locally roasted ones.

“In my restaurant, I try to be orthodox Italian,” Giorgio says. He serves coffee by a brand called Caffe Napoli, which he says represents value for money at US\$17 per kilogram, and allows him to serve espressos at a reasonable US\$1.50 a shot. Some of the better known brands are out of Giorgio’s price range, costing as much as US\$30 per kilo. “Illy is very expensive,” Giorgio says. “But there is no doubt it is one of the best Italian coffees.”

In Phnom Penh, Illy coffee is served at Café Fresco’s three outlets. Though a shot of espresso will only set you back a reasonable US\$1.80, prices quickly increase if you opt for something more elaborate such as a cappuccino or latte. As the early morning throngs at the chain’s BKK establishment show, many coffee lovers are happy to pay extra for a reliably good coffee.

Lavazza is another well-known Italian brand, also available at a variety of cafés and restaurants in the capital and beyond. Market-

ing itself as “Italy’s Favourite Coffee”, the company states 14 billion cups of its coffee are consumed globally each year. Some of these are served at Phnom Penh’s Java Café, where a shot of espresso costs US\$1.75.

There is however more to a good cup of coffee than simply the roast. Giorgio says the perfect espresso results from a combination of a professional and well-maintained machine, good beans, clean water, and the skill of the barista.

At Java Café, owner Dana Langlois invested in an Italian Faema E61 espresso machine to ensure that the quality of the coffee beans was matched by the machine preparing the final beverage. Her choice to serve Lavazza coffee was further influenced by the company’s commitment to ongoing service and support, including training for staff.

Saing Sophanny, barista at Java and winner of a recent in-house barista competition overseen by Lavazza, is happy with the quality beans and top-end machine. “It makes making good coffee easy,” she says, serving up a well-prepared espresso complete with a beautifully thick cream.

Pop Café
371 Sisowath Quay
Tel. 012 562 892

Java Café and Gallery
56 Sihanouk Blvd.
Tel. 023 987 420



... and a third Italian classic – Giorgio and his Neapolitan coffee

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bar stool guide

key to symbols

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Live Music and DJs

Aristocrat Cigar Bar

NagaWorld, Hun Sen Park
Gentlemen's club aimed at attracting wealthy Khmers who like a good cigar and glass of wine. Not as stuffy as you might imagine and cigars are available from US\$10. **A/C**

Bar 33

33 E2 Sotheos Bar Blvd., Tel: 092 998 850
Upstairs from Corner 33 and run by the same owners, is a sophisticated spot to have a cocktail while looking across the Royal Palace. For a taste of Somerset have a Strongbow cider. **A/C**

Cadillac Bar & Grill

219E Sisowath Quay, Tel: 011 713 567
Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **A/C**

Cathouse Tavern

4 Street 51
The longest standing of Phnom Penh's bars, which was the only bar in town during the U.N. days. The large curved bar invites you to sit and chat with the welcoming barstaff. Open 4pm to midnight. **A/C**

Chow

277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and Ily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **A/C**

Do It All Pub & Bistro

61 Street 174, Tel: 023 220 904
A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

Dodo Rhum House

42C Street 178, Tel: 012 549 373
Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wooden bar and chill-out room at the back. Has a good specials menu and tapas as well as over 20 different flavoured rums created by bar's owner. Open 5pm to late.

Elephant Bar

*Raffles Hotel Le Royal, Street 92
Tel: 023 981 888*

Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm

to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by. Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C**

Elsewhere

2 Street 278, Tel: 012 660 232
Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C**

Equinox

*3A Street 278,
Tel: 012 586 139 or 092 791 958*
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best foosball table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **A/C**

FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014
The first stop for newcomers and it's easy to see why. Set in a beautiful colonial house with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **A/C**

Flavours

Cnr. Street 51 & 278, Tel: 012 175 896
Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs that fall out onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late.

Fly Lounge

21A Street 148, Tel: 089 509 007
Cool Cambodian-owned chill-out lounge with indoor pool and dancefloor. Changing, funky décor and themed parties. Open 5pm to late **A/C**

Freebird

69 Street 240, Tel: 023 224 712

Airon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **A/C**

Gasolina

56/58 Street 57, Tel: 012 373 009
The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 7am to 12.30am. Closed Mondays.

Green Vespa

95 Sisowath Quay, Tel: 012 887 228
The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whisky, and does a US\$10 special combination of food and drink. Good music, especially if you are an 80s throwback. Open early till late. **A/C**

Gym Bar

42 Street 178, Tel: 012 815 884
The best sports bar in town with more wide screens than boots and a good nine-ball pool table to boot. Ideal for watching Premiership football or any other sport. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. **A/C**

Howie's Bar

32 Street 51
Air-conditioned and open until very late, this is the Heart's unofficial chill-out bar although the sound system could give the Heart a run for its money. Tends to be a popular late hang-out, especially around the pool table. Open 7pm to 6am. **A/C**

K West

*1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747*
Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C**

Liquid

Street 278, Tel: 012 765 896
Welcoming Metroesque bar on the popular Street 278 run by the same owner as Flavours. Serves food and good cocktails. Has one of the best pool tables in town. Happy Hour from 5pm – 8pm. **A/C**

Man Han Lou

456 Monivong Blvd., Tel: 023 721 966
Cambodia's first micro-brewery with four types of German-style beer. The dark beer comes recommended, avoid the green unless you are on St Paddy's night.

Maxine's

Over Japanese Bridge, Tel: 012 200 617
Stirringly eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's – or Snow's Bar – is well worth seeking out for its laid back ambience and old Indochine charm. Open Friday - Sunday from sunset till sunrise. **A/C**

Memphis Pub

3 Street 118, Tel: 012 871 263
Permanent rock venue in town with a house band that plays covers. Band plays from 10pm

til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 8pm to 10pm. **A/C**

Meta House

*6 Street 264, Tel: 012 607 465
www.meta-house.com*
This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

Metro Café

*Cnr. Sisowath Quay & Street 148.
Tel: 023 222 275*
Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 7:30am to 01am. **A/C**

Munich Beer Restaurant

Sotheos Bar Blvd.
Second of the Penh's micro-brewery offers a gold and stout beer at very reasonable prices – treat yourself to a stein.

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools. No hip hop nor techno music, instead hearty Teutonic fare. Has elegant, terracotta-tiled terrace and four guest rooms upstairs (US\$22 to US\$30). Open from 5pm to late, happy hour from 5pm to 7pm, closed Sundays. **A/C**

Open Wine

219 Street 19, Tel: 023 223 527
Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 9am to 11pm every day. **A/C**

Pacharan

389 Sisowath Quay, Tel: 023 224 394
Barcelona comes to Phnom Penh in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and sweeping views of the river. Open from 11am to 11pm. **A/C**

Pickled Parrot

4-6 Street 104, Tel: 012 633 779
Air-conditioned bar with excellent 9-ball pool table, that's a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24 hours. **A/C**

Rising Sun

20 Street 178, Tel: 012 970 719
English-style pub with reliable breakfast, meat pies and hamburgers. Has a regular following around the bar at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to 10pm.

Rory's Irish Pub

33 Street 178, Tel: 012 425 702
Most Irish of the Irish bars in town with

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Bar Talk: Darlin' Darlin' Nightclub

Nestled inside Naga Casino this watering hole boasts premium glamour in plush surroundings, including some of Cambodia's most beautiful women. Words by Kate Liana.

UPON ENTERING THE NEW, posh Darlin' Darlin' the plush carpet sinks under your feet as you make your way through the curtains to the various VIP sections. The dance floor is a polished, wooden square where the two lead singers of the house band strut and practice their dance moves for the evening's performance. It may be a nightclub, but entertainment and leisure are serious stuff here.

"I want to create a fantasy," declares Sapor, the fervent public relations consultant at Naga. "People should feel like they're somewhere special, somewhere glamorous." She and Sokunthea, the PR manager say they want to make a club where everyone feels comfortable, but there is a dress code and prices reflect an exclusive atmosphere.

So how to stand out amongst the city's tonier clubs, which are growing in number? The first thing they are eager to point out is that managers keep close watch over the club and discourage any inappropriate behaviour. Keeping in line with the idea of fantasy, all of the

waitresses are models from Sapor's agency. This makes it closer in line to exclusive clubs in the West, where you must submit a headshot to be granted an interview.

When asked how she feels about the relaunch of Pontoon in their backyard, she expresses her excitement. "People used to go between Riverhouse and Pontoon. Now they'll go from Pontoon to here," says Sapor. "It can only be good for business." Indeed, capturing a small market flooded with choices can be difficult, but they believe Darlin' Darlin' stands out from the pack. They offer valet parking, European bottle service, and bartenders who juggle, Hollywood-style.

Add theme-parties, fashion shows, dance competitions, and performances by the waitresses, all in an effort to offer something unique. The moneyed crowd has a new clubhouse, and Sapor and her team are gambling that it will be a hit. "This is a premium club for a premium crowd," she says. "There is no place out there like it."

Darlin' Darlin', NagaWorld, Hun Sen Park



Fine Wine Boutique & Tasting Gallery

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Cambodia
023 990 951



No Holds Barred



the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

Rubies
Cnr. Street 19 & 240, Tel: 012 823 962
 Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

Saffron
11 Street 278, Tel: 012 247 832
 Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. 02 A/C ☺

Scoop Bistro Bar
2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130
 Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays, reservations recommended. A/C ☺

Sharky Bar
126 Street 130, Tel: 023 211 825
 Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly good food, especially the Mexican. Open 4pm to 2am. A/C ☺

Talkin to a Stranger
21B Street 294
 Elegant bar with nice gardens set in the heart of BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. One of the few places in town putting on events and live music. Has a trivia quiz every

second Tuesday. Don't be a stranger. Open 5pm to late Sunday- Friday. Closed Saturday. ☺☺

The Chinese House
128 Sothea's Blvd., Tel: 023 356 399
 Totally decadent cocktail bar set in beautiful old Chinese house. The ideal place for a drink before or after dinner.

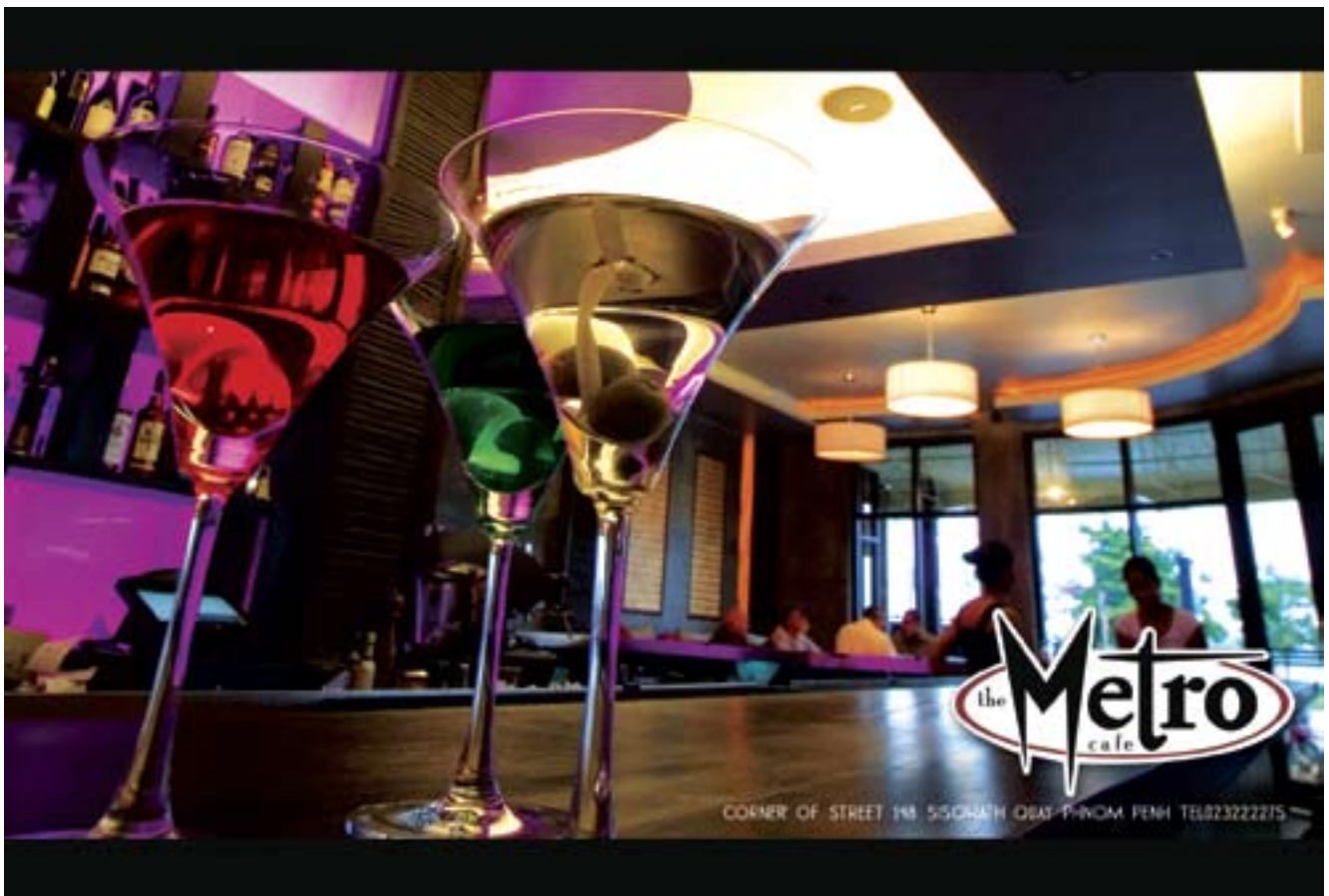
Velkommen Inn
23 Street 104, Tel: 092 177 710
 Hotel restaurant and bar off the riverfront offers a wide selection of western dishes as well as several Scandinavian specialties with a full bar, draught beer, wine and sprits. Open 7am till late. A/C ☺☺
Zeppelin Bar
109C Street 51, Tel: 012 881 181
 If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner. New location is next to Walkabout. Unique for Phnom Penh. Open 4pm to late. ☺☺

gay
Blue Chili
36 Street 178
 This welcoming bar run by Thai national Oak is probably the number one gay bar in town currently. Chic décor makes this one of the coolest bars in town and the drag shows on Friday and Saturday are an additional draw.

Classic
42 Street 19
 Very Khmer bar that has nightly drag shows, after which the dance floor fills up with all-comers.

Green Garden
40 Street 222
 Most recent gay bar in the Penh has an outdoor bar and seating space that would be perfect for a BBQ. Also offers WiFi. ☺

Heart of Darkness
38 Street 51
 The most famous of the city's nightspots with a good-sized dance floor started off



Cocktail of the Month: Martin's Mule

A kick to the head never tasted so good. John Berkavitch drinks and tells.



IF YOU'VE NEVER BEEN down to the lakeside area you might be unfamiliar with the bars and restaurants scattered along the edge of the ever-decreasing Boeng Kak Lake. However if you're feeling a little adventurous then take the short winding walk along street 93. Just past the halfway point you'll find yourself at the Drunken Frog. If you look behind the bar you'll find a friendly bearded man named Martin. Martin is an inventor and in keeping with a lot of other inventors he's given his name to his greatest discovery.

Martin's Mule, consisting of 1 shot of Jack Daniels, 1 shot of Kahlúa, 1 shot of Bailey's and 3/4 of a shot of Amaretto. Mixed and served over ice topped up with your choice of Jack Daniels, Kahlúa or Bailey's.

The Bailey's acts as a makeshift mixer but with the exception of the ice you've probably noticed all the ingredients in this particular recipe are alcoholic.

This is what gives the "Mule" its wicked kick. A firm full frontal mule kick that hits you right between the eyes and bounces your brain around the inside of your skull.

The intensely sweet taste of the drink is incredibly morish but ordering a second or third is probably beyond all but the most hardened of drinkers.

Priced at the staggeringly cheap US\$3 it won't break the bank but it might leave you feeling a bit worse for wear the following day.

The Drunken Frog, Street 93, Boeng Kak. Tel. 085 268 913.



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Darren Gall: Rhône Rangers



THE RHÔNE VALLEY produces some of the finest wines in the world, several of which happen to be personal favourites. The region stretches from just south of Lyon some 200 kilometres to the southern end of Avignon, following the banks of the Rhône River.

The first cultivated vines in the region were probably planted in 600 BC. Some say the Greeks were responsible for bringing the Syrah grape from the Persian city of Shiraz. Regardless of origin, it wasn't until the 13th century when the Pope moved to Avignon that wine production in the region really took off. He drank a lot.

The Rhône is generally divided into two sub-regions with distinct viticultural traditions, the Northern Rhône and the Southern Rhône. The northern sub-region produces red wines from the Syrah grape, sometimes blended with white wine grapes, and white wines from Viognier grapes. The southern sub-region produces an array of red, white and rosé wines, often blends of several grapes such as in Châteauneuf-du-Pape.

The Northern Rhône produces exceptional Syrah, (Shiraz) wines from the sub regions of Cote Rotie and Cornas, the latter being exclusively Syrah whilst the roasted slopes of Cote Rotie permit blending with a small amount of Viognier. The best wines from these regions are some of the finest Syrah wines in the world.

White wines are produced from Viognier in Condrieu and Chateau Grillet. Marsanne

and Roussanne are used for the whites from Crozes-Hermitage, Hermitage, Saint Joseph, and Saint Péray.


The southern Rhône's most famous red wine is Châteauneuf-du-Pape, a blend containing up to 13 varieties of wine grapes, both red and white. Gigondas, on the other hand, is predominantly made from Grenache has a more restricted set of permitted grapes. Depending on the specific AOC rules, grapes blended into southern Rhône reds may include Grenache, Syrah, Mourvedre, Carignan and Cinsault. The reds from the left bank are full bodied, rich in tannins while young, and are characterised by their aromas of prune, undergrowth, chocolate and ripe black fruit. The right bank reds are slightly lighter and fruitier.


White wines from the southern Rhône sub-region, such as in Châteauneuf-du-Pape whites, are also typically blends of several wine grapes. These may include Ugni Blanc, Roussanne, Bourboulenc, Piccopoul, and Clairette. Since about 1998 Viognier is increasingly being used and is also appearing as a single varietal.

Tavel produces some of France's best rosé.

Exquisite fortified wines are produced in Muscat de Beaumes-de-Venise and Rasteau.

PRODUCERS TO LOOK OUT FOR IN PHNOM PENH:

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Louis Max 

- 1) Bow Bells 2) Britney Spears 3) Mack the Knife 4) Winchester 5) Annie Get Your Gun 6) The Sword in the Stone 7) The Sex Pistols 8) Young Guns 9) Axel F 10) Yellowknife 11) Shaggy 12) Derek "Del Boy" Trotter 13) The Force - Arthur Fonzairelli 14) Colonel John 'Hannibal' Smith 15) Columbo 16) Captain James T Kirk/Jean Luc Picard 17) Arnold Drummmond (Different Strokes) 18) Bart Simpson 19) Harry Callahan 20) Roger Murtaugh or Martin Figgs 21) The Simpsons 22) Vernal 23) Hooke's Law 24) Springer Spaniel 25) Irish 26) Alice Springs 27) Bruce Springsteen 28) Springfield 29) The Rite of Spring 30) Spring has sprung 

Pub Quiz Answers

Sudoku Answers

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.



Gwan Ching Lee

5	1	3	7	9	6	4	2	8
2	7	6	5	4	8	1	3	9
9	8	4	1	2	3	6	7	5
7	5	9	4	8	2	3	6	1
9	4	8	3	5	1	7	9	2
3	2	1	9	6	7	8	5	4
8	9	5	6	3	4	2	1	7
4	3	7	2	1	9	5	8	6
1	6	2	8	5	7	9	4	3

■ EXTREME

as a gay bar. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. The dance floor is a popular gay haunt. Open 8pm to late. **A/C**

Salt Lounge

217 Street 136

In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most contemporary designs in town and the best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. **A/C**

Nightclubs

Heart of Darkness

38 Street 51

The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C**

Memphis Pub

3 Street 118,
Tel: 012 871 263

The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C**

Pontoon Club Lounge

Time will tell?, Tel: 017 682 071
Phnom Penh's only floating club, vanished

without trace just before the 2009 Water Festival. Rumours have it that Pontoon will resurface sometime soon, maybe even by the time you read this magazine. Having already sunk once, maybe we should rename the popular expat dance venue – Titanic. Owners are staging some events near Central Market during the hiatus.

Riverhouse Lounge

6 Street 110, Tel: 023 220 180

The alternative dance venue for both expats and young Khmers. Self-contained air-con dance room and great balcony to chill out. Monday night is Retro, Thursday is House and Hip hop is on Tuesday and Friday. Open 4pm to 2am. **A/C**

Club White

305 Mao Tse Tung Boulevard
opposite InterContinental Hotel,
Tel: 013 994 483

Brandishing itself as the future of clubbing in Cambodia, this upper class club is the latest addition to the Phnom Penh scene. White and modern, it attracts the Penh's local movers and shakers with a penny to spare. Open 7 nights a week from 8pm until late, the Bangkok-linked club hosts international DJs belting out hip hop, house and other party tunes. Every second Saturday of the month is a special club night. **A/C**

Studio 182

182 Norodom Boulevard, Tel: 077 555 182

Top end club with prices to match. Vintage tunes from the 60s onwards, with regular club nights. The beautiful rooftop terrace is a definite draw. Open Thursday to Sunday, from 8pm.. **A/C**

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Fancy a Ride?

Hans Kemp and AsiaLIFE's own **Conor Wall** showcase the Kingdom's most curious modes of transportation in their new photographic book, *Carrying Cambodia*.

FROM SIX PEOPLE ON AN old motorbike to a car roof crowded by a dozen passengers, there is seemingly no end to the inventive ways in which Cambodians take themselves and their wares around the country. It's a curious sight for newcomers, yet even those who have spent years in the Kingdom often find themselves surprised by the amount of monks that can fit into a tuk-tuk, or the number of bananas a single motorbike can carry.

"I got a shot of a child sitting over the front wheel of a motorbike, with her father driving, and presumably his wife in the back holding on to a big load of vegetables," says Conor Wall, Phnom Penh resident for close to five



to take a back seat for a while. Though to be honest, after a few hours I got quite sore..."

If travelling on the back of motos has him complaining, one might expect many of the twelve different means of transportation featured in the book to simply be out of the question for Conor. Yet he too has had his fair share of odd journeys. "To get shots from a different perspective, I once sat alone on the roof of the van coming to Phnom Penh from Kratie," he explains. "The police stopped the driver and asked me to get off. But I convinced him it was ok. I said I would tie myself down and promised I wouldn't fall."

Carrying Cambodia will be launched at 6pm, Mar. 7 at the

PHOTO BY NESTLE POELL



years, and one half of the team behind the new photographic book *Carrying Cambodia*. Featuring nearly 200 shots by him and Bangkok-based photographer Hans Kemp, the book showcases what Cambodians seem simply incredibly adept at doing - piling themselves and their things in astounding quantities onto cars, motorbikes, bicycles and carts.

The book came about somewhat unexpectedly. "I was collecting images for Hans to be used in a book containing shots of various loads from all over Asia, and was amazed at the quantity of good shots I got. It was near

impossible to minimise my selection, so in the end I submitted the whole lot to him," Conor says. "After seeing the variety of Khmer transportation techniques, he decided to scrap the original book idea and instead concentrate on Cambodia. Once he pitched the name *Carrying Cambodia* to me, I knew it had to be done."

The book is Conor's first, while Hans already has several under his belt. Hans considers *Carrying Cambodia* a natural progression from a previous book, *Bikes of Burden*, which features shots of motorbikes in Vietnam. Both

books are published by his own Hong Kong-based publishing company, Visionary World.

"The variety of vehicles being used in Cambodia is greater than in Vietnam, whereas Vietnam has much more variety in terms of what is being carried on motorbikes alone," Hans says of the difference between the two volumes.

Most photographs for the new book were taken whilst riding on the back of motos in Phnom Penh, though Conor also travelled across rural Cambodia to capture a large variety of images. "I enjoyed it a lot," he says. "Usually I'm the driver, so it was nice

FCC, where an exhibition featuring photos from the book will run through Apr. 7. The book is also available at Monument Books for US\$22. [F](#)



Bootleg

AsiaLIFE's Simon "Wiseguy" Jacy brings things down to earth.

■ **UP IN THE AIR**

(Jason Reitman, 2009)
A scathing account of the vacuous and unfulfilling life of a high-flying executive, *Up in the Air* manages to pleasantly surprise with its subtle humour, delicately conveying the vacuous and isolated existence of a corporate downsizer, Ryan Bingham (George Clooney), on his travels. Scenes between Clooney, Vera Farmiga and Anna Kendrick are perfectly paced as a counterweight to the slow-paced lingering on the accoutrements of corporate success. Featuring real footage of employees after they have just been given the boot, the film also has a timely poignancy in the current era of downsizing and bankruptcy. A refreshingly well executed drama-comedy.

■ **ARMORED**

(Nimród Antal, 2009)
Hollywood, having churned out so many heist movies one could be forgiven for thinking armed bandits are holding the producers hostage, has decided to spoonfeed the fatuous public yet another half-baked, pre-chewed robbery yarn. Starring Jean Reno, Laurence Fishburne and the expressionless Matt Dillon, the film has very little

in the way of surprises, the main shock being the lack of pace, tension or anything that could be reasonably described as a plot twist. A painfully low budget means sets are few and there is little action to speak of—described by one critic as a modern B-movie, this is more like an F.

■ **GOODFELLAS**

(Martin Scorsese, 1990)
A Scorsese classic, *Goodfellas* charts the rise and fall of three gangsters over three decades, and was the vehicle that catapulted both Ray Liotta and Joe Pesci into the big league. To prepare for their roles in the film, Bob De Niro, Pesci, and Liotta improvised and ad-libbed tough guy personalities, leading to the authentic-sounding dialogue in the film. De-Nero's oily wiseguy and Pesci's unstoppable psychopath are unforgettable, and Ray Liotta's laconic voiceover has been endlessly imitated. Even after the regrettable recent spate of 'torture porn' shlock, the arbitrary violence and casual brutality in *Goodfellas* is still shocking today, a fitting tribute to a film that is now 20 years old. Arguably Scorsese's best. ■

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Arts Diary

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- ARTS & EVENTS
- FILM
- MUSIC & PARTIES



2 Tuesday

Film Screening and Talk by Srey Thy @ Chinese House, 6.30pm. Srey Thy will speak about her personal experience of trafficking in Cambodia.

Cambodian Space Project @ Chinese House, 9pm.

3 Wednesday

'The War on Democracy' by John Pilger @ Meta House, 7pm.

4 Thursday

'In Search of Beethoven' @ Meta House, 7pm

5 Friday

Live from Jamaica 'Roots Rock Reggae' @ Meta House, 7pm.

6 Saturday

Punk is Dead 'End of the Century' @ Meta House, 7pm.

7 Sunday

'Carrying Cambodia' Photography Book Launch, Signing and Exhibition @ FCC, 6pm.

'Funny Games' @ Meta House, 7pm.

Australian Director Michael Haneke's latest disturbing and uncomfortable film.

9 Tuesday

Deepa Mehta's 'Earth' @ Meta House, 7pm.

10 Wednesday

Auction & Preview Exhibition @ Sa Sa Gallery, 10am – 6pm.

Uganda's Cattle War' & Idi Amin Dada' @ Meta House, 7pm.

11 Thursday

Auction & Preview Exhibition @ Sa Sa Gallery, 10am – 6pm.

'Young and Restless in China' @ Meta House, 7pm.

12 Friday

Auction & Preview Exhibition @ Sa Sa Gallery, 10am – 6pm.

Art Auction & Fundraiser @ Sasa Gallery, 6.30pm

'What time is it There?' @ Meta House, 7pm.

13 Saturday

'Up the Yangtze' @ Meta House 7pm.

'Triste Tropik' by El Boixo @ Equinox, 8.30pm. A graphic artist exhibition.

14 Sunday

'The World' @ Meta House, 7pm. The desperate dreams of migrant workers.

16 Tuesday

'F*CK' @ Meta House, 7pm. Our favourite four-letter-film.

17 Wednesday

'My Word is my Bond: The Early History of the Founding of the London Stock Exchange' followed by 'The Corporation' @ Meta House, 7pm.

18 Thursday

'Grizzly Man' @ Meta House, 7pm.

Documentary Practices in Contemporary Cambodian Art @ Café Livingroom, 6.30pm. A talk and slide show by Erin Gleeson, curator and director, Bassac Art Projects.

19 Friday

My Province, My Product @ Meta House, 7pm. 19 design students from Cambodia's capital Phnom Penh and 25 pottery professionals from Kampong Chhnang present their collaborative works. The exhibition will be followed by an auction for the works.

20 Saturday

'The Trials of Henry Kissinger' @ Meta House, 7pm.

21 Sunday

'Weather Woman' @ Meta House, 7pm.



@Bophanna

23 Tuesday

No More Killing' @ Meta House, 7pm.

24 Wednesday

Aldous Huxley's 'The Gravity of Light' @ Meta House, 7pm.

25 Thursday

'I am Precious' & 'The September Issue' @ Meta House, 7pm.

26 Friday

Green Night #3 @ Meta House, 6pm. Focuses on indigenous communities and forest protection in Cambodia. New films, short talks, live music, free fruit and water, surprises and a lucky draw with many green prizes.

27 Saturday

DMC Night @ Meta House, 7pm. The Royal University's monthly presentation of student films.

28 Sunday

The Tenth Dancer @ Meta House, 7pm.

30 Tuesday

'And Along Came Tourist' @ Meta House, 7pm.

31 Wednesday

Innocence @ Java Café and Gallery, 6pm. Drawings by Qudy Xu runs until May. 9.

Paprika @ Meta House, 7pm Japanese animated Tour-de-Force of Visual Invention. **A**

Cinemas

Le Cinema 04

French Cultural Centre
218 Street 184 Tel: 023 213 124
100-seat cinema shows international art house and mainstream movies with occasional films in English. Children's cinema on Saturday mornings at 10am.

Meta House 02

6 Street 264 Tel: 012 607 465
Movie shorts and documentaries from Cambodia and the rest of Asia. All movies start at 7pm, closed Mondays.

Galleries

Asasax

192 Street 108 Tel: 023 217 795
Shop and gallery space devoted to Cambodian artist Asasax, just across from the National Museum.

Art Café 06

84 Street 108 Tel: 012 834 517
Elegant bistro and art gallery in the style of a European coffee house with rotating exhibitions. Music played Friday to Sunday. Open from 11am to 11pm.

Bophana Audiovisual Resource Centre 03

64 Street 200, Tel: 023 992 174
As well as preserving much of Cambodia's audiovisual material, has regular exhibitions. Open from 8am to 6pm Mon. to Fri., 2pm to 6pm (Sat.).

Dori Thy Gallery

9 Street 278 Tel: 012 661 552
Features the black and white photographs of German photographer, Doris Boettcher. Open every Saturday & Sunday from 10am-6pm.

Equinox 07

3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run restaurant and bar has art exhibitions each month. Open 7am to late.

FCC Phnom Penh 22

363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant has a permanent, rotating exhibition devoted to photography. Open 7am to midnight.

French Cultural Centre 04

218 Street 184 Tel: 023 213 124
Large space in the grand floor of the cultural centre has changing exhibitions and hosts special talks and events. Second gallery space is on the opposite side of the road by Café du Centre.

Happy Painting Gallery 23

FCC
Open since 1995, this air-con art shop sells the colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

Hen Sophal Gallery

39C Street 178
Gallery devoted to the works of the Cambodian artist open from 7am to 7pm.

Java Café & Gallery 01

56 Sihanouk Blvd., Tel: 023 987 420
www.javaarts.org
Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

Meta House 02

6 Street 264, Tel: 012 607 465
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films. Open Tues. to Sun. 2pm to 10pm.

Mutrak Gallery

409 Street 246, Tel: 012 294 731
Gallery featuring the works of Cambodian artist Leang Seckon, viewing by appointment only.

New Art Gallery

20 Street 9, Tel: 012 824 570
More art shop that does framing than gallery, it does have occasional exhibitions.

Pich Sopheap

24 Street 80, www.saklapel.org
Lakeside studio of the Khmer artist, viewing is by appointment only.

Reyum Institute of Arts & Culture 27

47 Street 178, Tel: 023 217 149
Small gallery with regular exhibitions of Cambodian artists. Part of an NGO established to preserve traditional and contemporary Cambodian arts.

Sa Sa Gallery

7 Street 360, Tel: 011 936 855
Gallery inside Baitong Restaurant devoted to the works of Cambodia's Art Rebels (Stiev Selapak).

Scan Gallery

4 Street 282, Tel: 023 214 498
Contemporary art gallery within boutique hotel close to Wat Lanka. Open from 7am to midnight.

The Mansion

(Sino-Khmer Residence) 28
Sothearos Blvd. (opposite the National Museum), Tel: 023 724 014
Latest project from the FCC Group, this beautiful, derelict French colonial building has been converted into a venue for occasional exhibitions and parties. Walk into the building and wander around for a taste of what the Penh used to be like.

The Chinese House 16

128 Sothearos Blvd., Tel: 023 356 399
Cocktail bar set in beautiful old Chinese house has revolving exhibitions on the ground floor.

Performing Arts

Amrita Performing Arts

128G9 Sothearos Blvd., Tel: 023 22 0424
www.amritaperformingarts.org
Performance art company that puts on contemporary and classical music, dance and theatre.

Apsara Arts Association

71 Street 598, Tel: 011 550 302
Promotes Cambodian arts and culture. Open from 7.30am to 10.30am (Mon. to Sat.). Performance on request - adults US\$5, children US\$3.

Art Café 06

84 Street 108 Tel: 012 834 517
Elegant bistro and art gallery in the style of an European coffee house with music played Friday to Sunday. Open from 11am to 11pm.

Art + Foundation

84 Street 108, Tel: 012 834 517
Organisation devoted to the performance of western, classical music.

Cambodian Living Arts

407 Street 246
Art organisation devoted to the revival of traditional Khmer performing arts. Puts on occasional performances.

Chaktomuk Conference Hall 24

Sisowath Quay, Tel: 023 725 119
Designed by master Cambodian architect Vann Molyvann, this under-utilised building is worth a visit. Open from 7am to 11.30am and 2pm to 5pm (Mon. to Fri.).

Chenla Theatre 25

Cnr. Mao Tse Tung & Monireth Blvds., Tel: 023 883 050
www.culturalcenter-cambodia.com
One of the capital's major theatres, it has regular performances of theatre, dance and music.

Epic Arts

1DE0 Sothearos Blvd., Tel: 023 998 474,
www.epicarts.org.uk
Organisation that uses art to empower people with disabilities.

Sovanna Phum Khmer Art Association

111 Street 360, Tel: 023 987 564
Theatre with performances of shadow puppetry, classical and masked dances every Friday and Saturday at 7.30pm. **A**



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leisure & wellness

Raceway Road-rage: Go-carting in Cambodia

Look out Phnom Penh, Melissa Fisher has hit the racetrack.



WITHOUT HESITATION YOU press down on the gas and wonder, perhaps a bit too late, “Does my traveller’s insurance cover this?” Grasping the steering wheel of the plastic yellow go-cart, you hit the accelerator and take off. With the sun beaming down on the hot red #4 cart, you will the wheels to grip the road and make a sharp right, only to look up and hope the emaciated cow grazing nearby does not suddenly decide to cross your path.

Situated out in the boonies, a few kilometers past the airport, on the right-hand-side of Road No. 4, Kambol Cart Raceway is a playground for Phnom Penh thrill-seekers. Joining other Formula 1 enthusiasts, novices will

discover a newfound appreciation for the sport, or at least a way to let go of that pent-up Phnom Penh road rage. This is as close to NASCAR as they will get, at least in Cambodia. The 30-minute ride to the circuit may put some off, but for a little weekend adrenaline rush, the trek out is well worth it.

Initially, the recently raised price of US\$12 for a 10-minute ride can sound pricey, but for go-carting newbies, each minute on the asphalt circuit will seem like eternity. Buying more time behind the wheel is never a problem however, especially on slow days.

During the first few laps, the awkward jittery rattling of the cart and the occasional snap, crackle, pop, and spark emitted,

may set some nerves alight. Once you’re comfortable with coordinating between the gas and the break, sharp curves, and the fact that the skinny cow is protected by a barrier of old rubber tires, the Michael Schumacher in each driver will emerge.

Driving with confidence, especially when cornering, is key on the international standard size track, but if after your initial test lap you feel the desire to call it quits, please do! On-site emergency care is not available and a full refund is allotted for those who quit early. Carts must be operated by drivers 10 years old and up. Multiple drivers can share the track, but the challenge for speed, space, and overtaking

can quickly draw out a game of bumping and spinning out.

It is evident the racetrack has seen better days, but equipment appears to be well maintained, and employees keep a constant watch over the track. For fans cheering on, an upstairs bar gives a clear view of the track.

When the ten minutes of racing are nearly up, an employee will jaunt over to the Finish Line and hoist up a black and white checkered flag, signaling one lap remaining. Time to put the pedal to the metal and make the most of it!

Kambol Cart Raceway,
Road No. 4, 12 km west of airport. Open Daily 9am to 6pm.
Tel. 012 232 332. 🇰🇲

leisure & wellness

amusement

Kambol Cart Raceway

Tel: 012 232 332

A few kilometers west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, a cart costs US\$7 for a 10-minute round. The track can also be rented by the hour, half-day or the entire day.

Parkway Square

113 Mao Tse Tung Blvd, Tel: 023 982 928

Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park

50 Street 110, Tel: 023 881 008

Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

Phnom Tamao Wildlife Park

Phnom Tamao,

44 kilometres out of the capital along Highway 2, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open from 8am to 4pm.

Sorya Centre

Corner Street 63 & 142

The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading. Hiring the skates or blades costs between US\$1 and US\$2.

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16 Street 374, Tel: 023 223 720

www.angkorsoaps.com

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chemists

U-Care Pharmacy

26-28 Sothearos Blvd., Tel: 023 222 499

14 Sihanouk Blvd., Tel: 023 224 099

High quality western-style chemist and pharmacy that sells the full range of beauty products, including international brands. Open 8am to 10pm.

Pharmalink

11 Street 254, 14 Street 432

20D Street 184, Tel: 023 215 727

Modern, western-standard pharmacy on the way to the Russian Market. Staff speak English and have a range of western products on sale. Open from 7.30am to 8pm (Monday to Saturday).

classes

Aikido Classes

24R Street 252 (on villa rooftop),

Tel: 012 811 234

Japanese martial art class taught by an experienced Aikido practitioner. Monday, Wednesday, Friday at 7pm to 9pm. Fee US\$30/month. For further information or enrolment, please contact Olivier olivierlaotai@yahoo.fr

Cambodian Cooking Class

Frizz Restaurant, 67 Street 240

Tel: 012 524 801

The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

Capoeira

Tchou Tchou preschool, 13 Street 21

Lessons in this rhythmic Brazilian cross

between dance and martial arts, costs US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

Global Art Centre

Behind house 206 Norodom Blvd.,

Tel: 012 514 790

An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

Photography Tours

126 Street 136,

Tel: 092 526 706

www.nathanhortonphotography.com
Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

Qigong

Living Room, 9 Street 306

Qigong practice group meets every Monday and Wednesday at 5.30pm to 6.30pm For more information contact, Phil 012 892 249.

Scuba Nation Dive Centre

18E0 Sothearos Blvd., Tel: 012 715 785

Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

dental

European Dental Clinic

160A Norodom Blvd., Tel: 023 211 363

French-run dental practice since 1994 which provides full dental hygiene services with modern equipment. Open 8am to 12pm and 2pm to 7pm (closed Sundays).

SOS Dental Clinic

161 Street 51, Tel: 023 216 911

International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist

explains the process of what is going on with your teeth and has multi-lingual staff.

education

Khmer School

35 Street 288, Tel: 012 867 117

Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

Khmer School of Language

52G Street 454, Tel: 023 213 047

Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

My First Khmer

PO Box 1498, Tel: 012 342 315

A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

gyms

Clark Hatch Fitness Centre

Intercontinental Hotel, 3/F Mao Tse Tung

Boulevard, Tel: 011 380 769

Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

Fitness One

Himawari Hotel,

313 Sisowath Quay, Tel: 023 214 555

Small, well-equipped gym with outdoor swimming pool. US\$6 per day for use of pool or US\$10 for pool, gym, steam room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

Paddy's Gym

635 National Road 5, just past the

Japanese Bridge, Tel: 012 214 940

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Beauty Tips

he idea that it must be good if it's expensive isn't worth its weight in night cream. *Natalie Elverd sheds some UV-free light on the subject of skin treatment.*

WE ARE OFTEN BOMBARDED by skin care ads in magazines and on television claiming to 'reduce fine lines and wrinkles within days'. With the constant torrent of information, it can get a little confusing and it's no wonder many of us find ourselves buying products that we just don't need and never use. The truth is simple skin care strategies are almost always the best.

Back to basics advice for men and women

Beauty does come from within so, eat a wide range of fruit and vegetables. Have adequate sleep, don't smoke, drink plenty of water, use a sunscreen every day and your already half way there!

Cleanse. Dust, pollution and make up needs to be removed every evening. Resist the temptation to roll into bed before cleaning your skin.

Exfoliate. Skin is constantly renewing itself. Dead cells can become built up on the skin's surface and make the face appear dull and congested. Exfoliate one to two times per week.

Masque. All skin types will benefit from the hydrating and calming effect a masque will have on the skin. Masque once per week.

Moisturise. Face, neck and hands should be moisturized every night before bed and every morning. It's best to use a moisturiser containing built in SPF. Sun exposure has the greatest impact on the skin's aging process.

Eye cream. The thin, delicate skin around the eyes is the first area to show the signs of aging, as it does not produce any oil. Use an eye moisturizer specifically made for the eyes, if you don't have any wrinkles, lucky you, use as prevention.


Fabulous products available in Phnom Penh

Cleanser. Cetaphil. Great for all skin types, non-drying, fragrance and lanolin free. Available at Bayon Market \$17.50 (500ml)

Moisturiser. Olay complete, Everyday Sun, Wind and Heat Protection. Available at U-Care and Lucky \$13.30 (118ml)

Eye cream. Dermalogica, Total Eye Care, contains SPF 15.

Available from Dermalogica Skin Lab \$79.30

Eye Make Up Remover. L'oreal, Gental Make-Up Remover for Eyes & lips. Available at U-Care and Sydney \$9.50 (125ml) 

Bearing the air of an American boxing gym, Paddys offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is US\$3 or US\$45 per month. Open from 6am to 8pm.

Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888

Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 weekdays (US\$15 at weekends). Open from 6am to 10pm.

Physique Club

Hotel Cambodiana, 313 Sisowath Quay, Tel: 021 810 432

Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Membership is currently US\$56 per month or US\$7 per day. Open from 6am to 10pm.

The Gym at The Place

90 Sihanouk Blvd, Tel: 023 999 699

A brand new establishment featuring a fully equipped gym and weekly classes in dance, yoga and aerobics. Open

6am -10pm Mon-Fri and 8am -10pm weekends

VIP Club

Norodom Boulevard, Tel: 023 993 535

Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 9pm.

hairdressers

Arya Vong Kim

P31 Street Platinum (by Sovanna Mall), Tel: 011 516 575

Professional beauty salon run by French-Cambodian hairdresser Arya Vong Kim. Mainly focuses on quality hair care, including great cuts and colouring. The only authorised L'Oréal Professional salon in Cambodia. Open 9am to 8pm

De Gran

19 Street 352, Tel: 023 999 707

Classy yet affordable Japanese-run hair salon. Beautiful premises are one of a kind and service is excellent.

De Salon Hair Spa

31D Sihanouk Blvd., Tel: 023 223 938
Fancy new hair salon opened in late June

The Fingers of the Past Coming Up Through the Floorboards of the Present

IN CHILDHOOD WE develop ways of thinking that help us make sense of the world. This thinking is conditioned by our family and school experiences, the environment in which we were raised and the things that happen to us along the way. If, for instance, we learned that the way to gain the acceptance of our parents was to study hard and get good grades at school, we might grow up to be people-pleasers. Because we cannot please everyone all the time, we will inevitably experience failure, which disturbs us. This might lead to low self-esteem, a sense of inadequacy and stress – the covering over of inadequacy being a major cause of stress because we do not want to be seen as inadequate and so over-compensate in our efforts to appear adequate. Spouses, friends, co-workers and even bosses get fed up with people-pleasers because people-pleasers pull from others for acceptance and affirmation, which exhausts relationships, consequently causing people to withdraw from relationships and this in turn fuels our sense of inadequacy – so we try harder.

Behaviour like this can go on for years without us understanding why we constantly end up being rejected. The long-term psychological effects of this can be anxiety, depression, low self-esteem, social phobia, loneliness and even thoughts of suicide.


Pleasing parents may have been a functional

way of relating in childhood, but it does not work in adulthood; it becomes dysfunctional behaviour, working against us. Changing dysfunctional behaviour is difficult when attempted alone. Supportive friends and family are needed to keep us on track as we try to change our way of relating. However, we may have already exhausted those relationships for reasons already mentioned.

Counselling can help. It is helpful to think of counselling as personal development, which is a good process for everyone to commit to now and again. We are usually open to professional development, marriage enrichment and happily go to the gym to develop our bodies and the doctor when there is something wrong with our physical health. So why not engage in personal development for our minds, emotional wellbeing and ultimately our relationships and self-esteem?

John Powell, an American Psychiatrist said, "I'm not who I think I am. I'm who I think you think I am". Does that resonate with you?

When choosing a counsellor, always check out their professional credentials and ensure they are receiving clinical supervision.

Jane Lopacka is a senior counsellor and director of Phnom Penh Counselling Centre. 13 Street 420, Phnom Penh, Cambodia. www.pp-counselling.org. Tel. 023 218 974, 092 700 910. 

by the same group that run Nata Spa.

Eriq Amtalla

Street 268 (Sumamarit Blvd.)

Tel: 016 839 546 / 017 839 546

Unisex hairdressers is open from 9am to 6pm (Monday to Thursday) and 9am to 7pm (Friday to Saturday), closed Sundays. Appointments preferred.

Hair & Nail Studio

51D Street 214, Tel: 023 992 626

Sleek new Cambodian-run beauty salon

offers quality nail care using OPI products. Other services include hair, body and facial treatments. Prices start from US\$3 for a haircut, going up to US\$80-100 for more specialised treatments. Open 9am to 8pm.

Image Beauty

57A Eo Street 240,

Tel: 012 455 239

Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professionnel products available. Free WiFi, tea and coffee provided. Open 9am to 8.30pm.

Beauty Spot: De Gran

Sleek, white and a feast to the eye, hair salon De Gran offers treatments that match the stylish design of its building.

THE MOST ARCHITECTURALLY pleasing hair salon in town, Japanese-run De Gran simply oozes class. From the entrance with water features, to the clean, white interior spaces, it makes you wonder whether you have stepped through some Alice-in-wonderland rabbit hole into central Tokyo. With several decades of experience in the beauty industry, Jun Kikuchi opened De Gran last year, much to the delight of the many women in constant search of a professional hair stylist.

Services at the establishment focus on hair, face, and nail care. Manicures and pedicures cost US\$7 respectively, while a 30-minute facial is yours for US\$20. However hair is Jun's speciality. Using equipment and products imported from Japan, where he still runs hair salons, Jun is verging on



the pedantic when it comes to getting your cut just right.

The first step is to discuss styles. Speaking English through a translator, Jun shows you different styles in

hair magazines and makes you pick out the ones you like. Given the language barrier, pictures are a great way to show exactly what it is that you're looking for. Next up

is shampoo and conditioner. For this, you are led to an almost space-age chair, which automatically raises you to the level of the sink. A thorough wash ensues, during which your face is covered by a light cloth to give you a sense of privacy and relaxation. The cut itself is done in two stages, first on wet hair and then after a quick rinse on blow-dried hair. This ensures that your hair will settle nicely once dry.

For US\$15 it's an absolute steal. The professionalism behind the cut is obvious, and the bright, streamlined surroundings are a joy to the eye. Other hair treatments at De Gran include perms (from US\$40), colouring (from US\$45) and a signature hair nourishing treatment for (US\$10).

De Gran, 19 Street 352, Tel: 023 999 7070 Open 10am to 7pm, closed Tuesdays

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Laura Watson: The Myth of Detox

MOST OF US KNOW already that we should get more exercise, eat more fruit and vegetables, get more sleep, drink less coffee and alcohol and quit smoking. And that if we feel tired it is most likely due to a combination of excesses and inactivity along with a pressured, stressful modern lifestyle. But, just like a true reduction of your carbon footprint, a real change in lifestyle is very difficult for most of us addicted in some-way to adrenaline or caffeine or too much fun!

This is what the detox industry is counting on. A quick fix is so attractive. Simply place your feet in a warm bath of water, we will do something that seems clever and scientific that is just a little bit mystical, you sit back and all those toxins will flow out, leaving you rejuvenated and free to indulge a little more.

■ BUT DOES IT WORK?

Ben Goldacre, in his bestselling book 'Bad Science' goes through the science of why what is happening may be working in your mind to make you feel better, but has no

basis in physiology or physics. After all, sitting with your feet in a bath of warm water for half an hour will leave you feeling relaxed even if it's in your living room in front of the latest episode of 'Glee'.

Miracle cures should be met with a healthy scepticism. If you would expect a 'traditional' medicine to be tried and tested to work – to have an evidence base – then you should expect and ask for nothing less from other treatments or cures.

There are simply limitless quick fix promise cures out there that claim to align your chakras or extract your negative energy thereby strengthening your immune system. At best they just damage your pocket. Or give you a healthy dose of the placebo effect. This is a very strong and very real phenomenon that can actually improve your health. Simply thinking that you will get better can result in an improvement in any condition.

At worst people with serious conditions that require real medicines present late to their doctors, or ignore medical advice, worsening their

condition. It's not that so-called 'western' medicine is always right and alternatives are always wrong. Quackery (and the placebo effect) abounds in the medical world too. Just be sure to approach all claims for a quick fix with a request for evidence and a hard look at the science when you can. Most of the time the cost of engaging with detox quick fixes is an 'opportunity cost'. The time and money that you spent, or wasted, on whatever it is could have been better spent on something that might genuinely improve your health. Like a crunchy salad, a session at the gym, or a holiday.

As for the footbath – simple electrolysis of the salty water makes the electrodes rust. This makes the water change colour (looking like 'toxins') and chlorine gas be released.

Read more in Goldacre's book or on his website, www.badsience.net

Laura Watson is a general practitioner at the International SOS Medical Clinic in Phnom Penh. For more information please email: sue.kemp@internationalsos.com.

four storey sophisticated modern facility. Open from 11am to 11pm.

Amatak Spa

4 Street 228, Tel: 023 722 029 / 012 360 490
Beautiful, up-market spa set in a large villa close to Monument Books established by Khmer beautician who used to work at Raffles Hotel Le Royal. Open from 9am to 10pm. Accepts visa.

Amret Spa

3 Street 57, Tel: 023 997 994 / 012 414 038

Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Open from 9am to 9pm.

Aziadee

16AB Street 282, Tel: 023 996 921

Very relaxing, air-conditioned massage parlour with individual rooms. Open 9am to 9pm.

Bliss

29 Street 240, Tel: 023 215 754

Health spa at the back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in the beautiful flower bath. Open 9am to 9pm, closed Monday.

Champey Spa & Salon

38 Street 57, Tel: 012 670 939 / 023 222 846, www.champeyspa.com

Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. Open from 9am to 11pm.

Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092
Staffed by two qualified dermatologists this is not your average spa but a professional skin clinic. Offers a range of beauty treatments using American Derma-Rx products, soft tissue augmentation, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis, as well as beauty treatments.

Dermal Spa

4C Street 57, Tel: 012 222 898

Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products. Open 9am to 10:30pm

EL Skin and Wellness Centre

115E0 Street 109, Tel: 012 681 948

New salon that uses Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments. Professional, relaxed ambience, and opportunity for customers to sample products before purchase. Open 10am to 7pm.

In-Style

63 Street 242, Tel: 023 214 621

Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese. Open 9am to 9pm.

Master Kang Health Care Centre

456 Monivong Blvd., Tel: 023 721 765

Large health centre next to Man Han Lou Restaurant. Offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage upstairs. Downstairs also has a grand piano which is played in the evenings.

Miss Care & Spa

4B Street 278, Tel: 023 221 130

Small beauty parlour and spa set on the Golden Street, with well-priced massages range and beauty treatments.

Monorom Massage

B87 - B91 Street 199 (near Sovanna Mall), Tel: 017 555 778

Professional foot and body massage parlour that offers unique fish treatment. Also has free sauna and steam room. Open from 10am to midnight.

Punarnava

Ayurveda Centre Spa, Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432
Traditional Indian-style Ayurveda massage and healing that can provide relief to a

New Jack Holt International

38 Street 57 (at Champei Spa), Tel: 023 350 788
Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center

Ground Floor Cambodiana Hotel
313 Sisowath Quay, Tel: 023 991 863
www.amc-cambodia.com

Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

International SOS Medical Clinic

161 Street 51, Tel: 023 216 911
Globally renowned provider of medical assistance and international health care. Team of expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Has multilingual staff. Members have access to SOS clinics around the globe. Has on-site laboratory and dental facilities. 24-hour service. Open 8am to 10pm (8am to 6pm at weekends).

Naga Clinic

11 Street 254, Tel: 023 211 300 / 011 811 175
French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities. Has a 24-hour pharmacy on site and can perform minor surgery. 24-hour service.

Royal Rattanak Hospital

11 Street 592, Boeung Kak 2, Toul Kork, Tel: 023 991 000. www.royalrattanakhospital.com
A Thai owned and run Private Hospital with extensive services that strives to

provide high standard and quality medical care by professional care team.

optics

Eye Care

166 Norodom Blvd., Tel: 016 556 602
Modern opticians with ophthalmologists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

Grand Optics

71 & 75 Norodom Blvd, Tel: 023 213 585
Modern opticians with the latest equipment including free computerised eye test. Makes prescription glasses and contact lenses at prices much cheaper than in the West.

pools

Asia Club

456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. Use of pool is for members only, who get a discount at both Man Han Lou Restaurant and Master Kang Health Care Centre.

Fitness One

Himawari Hotel, 313 Sisowath Quay, Tel: 023 214 555
Outdoor hotel swimming pool, gym, steam room and Jacuzzi.

L'Imprevu Resort

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440
Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Children for free.

Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888
Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi. Open from 6am to 10pm.

The Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Swimming hours from 8am to 8.30pm.

The Club at Northbridge

1km off National Road 4, (on the way to the airport), Tel: 023 886 012
International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

Open Palm Studio

12 Street 101, Tel: 012 633 278
The first official Spinning facility in Phnom Penh. Tuesdays and Thursdays at 8.15am. Call to book in advance.

VIP Club

Norodom Boulevard, Tel: 023 993 535
Large sports complex with gym, outdoor swimming pools and tennis courts. Open from 6am to 9pm.

spas

Amara Spa

Cnr. Sisowath Quay & Street 110, Tel: 023 998 730, 012 873 999
Fax: 023 998 731
www.amaraspahotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into

range of physical ailments. All staff are professionally trained.

Sawasdee Massage

6B Street 57, Tel: 023 996 670
Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Open 9am to 11pm.

Seeing Hands Massage

6 Street 94, 209, 246, 253 Street 53
Tel: 016 856 188
String of massage parlours where the service is provided by the blind at a very reasonable price. Open 9am to 7pm.

Shiatsu-Ya

37B Street 306, Tel: 023 994 777
Excellent shiatsu massage by qualified practitioner given in basic surroundings. Costs US\$20 per hour. Open from 9am to 12pm, and 2pm to 8.30pm, Tuesday to Sunday.

The Spa at NagaWorld

Hun Sen Park, Tel: 023 228 822
This luxurious spa promises to bring the ancient Cambodian spa therapy to the world, and claims to be the only all-suite unisex spa in Cambodia. Therapy rooms with sauna, steam and flower bath are inviting, and the spa uses Tomichik flowers as part of its treatment.

sports general

Cambodian Federation of Rugby

cambodianfederationofrugby.com
Proper 15-a-side rugby league with four senior teams as well as kid's touch and women's rugby teams. Contact Larry at khmer_rugby@yahoo.co.uk for more details.

Cambodia Golf & Country Club

Route 4, Tel: 023 363 666
International standard, 18-hole golf course.

Cricket

Infrequent fun games played at a school off Street 360, near Street 63, on Sunday mornings. No equipment required

and little prior knowledge of the rules is also ok. Contact Majid at Saffron Wine Bar on 012 247 832.

Football: The Bayon Wanderers

www.bayonwanderers.com
Mixed Khmer and western team. Training sessions are held at the City Villa court on Wednesday and Friday, 8-10 pm and at the Old Stadium on Tuesday from 4.30 pm until dark. Contact Billy Barnaart on 012 803 040.

Hash House Harriers

The Hash meets at the railway station every Sunday at 2:15pm. An ideal way to see the countryside either walking or running, and then to make a public (school) exhibition of yourself. Contact 012 832 509 for details.

Nataraj Yoga Center

No. 52, street 302, (bet. 63 and Monivong), Tel 855 12 250 817, www.yogacambodia.com
Classes daily: Yoga, Pilates, check website for schedule and prices.

Royal Cambodia

Phnom Penh Golf Club, National Road 4
The other international standard golf course.

Touch Rugby


Mixed touch rugby (touch football) is played most Saturday afternoons at 3:30 pm at Northbridge School. Tournaments also within SE Asia. Please contact Rowena (rowena.eastick@yahoo.com) 012 1896786, or Paul 012 516460

tennis

The Club at Northbridge

1km off National Road 4, Tel: 023 886 012
Excellent tennis court. Book in advance.

VIP Sport Club

Norodom Boulevard, Tel: 023 993 535
Courts are available for hire by the hour or for members. 



European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

Deborah Moore (UK) Dentist
Eric Le Guen (FR) Dentist
Channarith Penh (KH) Dentist
Angela Clifford (AU) Hygienist

Secretary : 023 211 363 / 012 893 174



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next generation

Finding Good Help

Finding the right nanny is tough, but losing her is even harder. Words by **Zoe Daniel**.

FINDING STAFF WHEN YOU move to a new and culturally different country is quite fraught. It's an amazing privilege to be able to have help at home but there are all sorts of issues to grapple with.

Your staff become part of your day to day life. They see you at your best and worst. They wash your underwear, they make your bed, they see how much wine you drink, how many cigarettes you smoke. They witness the good times and the bad times. And they don't get paid enough.

Choosing the right people is crucial and I think that finding a Nanny is particularly tricky. When we arrived my son was two and my daughter was just five months old. I've remained their main carer, but I needed a Nanny to pitch in so that I could work a little. Back in Australia I could only dream of being able to afford a Nanny, but when I arrived here I realised that finding the right one is not a simple task.

Many of the women that I spoke to were very young. I didn't feel that I could trust them with my little ones, and that was more about me than them. Many had only looked after small babies. At that stage my son was strong willed and very, very busy – he still is. He needs to be seriously supervised and sometimes disciplined. I could see that he would walk all over them.

Many of the prospective Nannies that I met simply didn't

want to look after two children. Most were looking for a job just looking after a baby. That's fair enough, who wants to deal with a difficult toddler, let's face it?! I'll confess that I was losing heart when I met Sokha.

She walked into our house with a huge smile and it's still there to this day. She instantly bonded with my son, so much so that she stayed and played

with him for an hour after the interview so I could get some work done. Within a couple of weeks she was a firm fixture in our home. Suddenly my husband and I had freedom that we hadn't had since before we had children. We could go out for dinner or lunch together, comfortable in the knowledge that the kids were happy with their new friend.

Sokha has been such a positive influence on our children. She's the same age as me but she has boundless energy that I don't have to run and play. She's taught both of them to speak Khmer. She brings them together with the local kids in our road, where they play Cambodian games until they fall down exhausted. Ok, she sneaks them a chocolate biscuit now and then, but hey, she's not their mother! And, she has a firm tone when it's needed.

My son and daughter have quite different relationships with her, because she recognises their individuality. Along with our housekeeper, also called Sokha, she is part of our family. I wasn't really expecting that. This week I had to tell the two Sokhas that we're leaving Cambodia. I wept the whole time and they just looked stunned and hollow.

My son passed me a tissue and asked, "Are you a bit sad Mummy?" He gave me a toy to make me feel better. He's still only three. He doesn't quite understand that they won't be moving with us to our next post.

I'm worried about them getting jobs of course. Sokha the housekeeper is pregnant with her second child. Her husband doesn't work. Through my tears I tell them both that I'll do my best to find them work before we leave. Through theirs they thank me, but say, it's not the job but our family that they'll miss. **■**



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next generation guide



A network protecting children from all forms of abuse. www.childsafe-cambodia.org.

cafés & restaurants

Annam

1C Street 282, Tel: 023 726 661
In addition to serving excellent Indian food on a beautiful terracotta terrace, this Indian restaurant also has a playroom with a trained member of staff to ensure your little one gets up to no harm while you eat your chicken korma.

Café Fresco II

Cnr. Streets 51 & 306, Tel: 023 224 891
Let your children play with puzzles and Lego on beanbags or watch films like the Lion King looked after by a trained member of staff as you enjoy your cappuccino.

Café Living Room

9 Street 306, Tel: 023 726 139
The playroom is stocked with books, games, wooden dollhouse and even a rattan crib, while the kid's menu has bite-sized portions. In addition to art classes there are plans to hold story-telling lessons.

Java Café

56 Sihanouk Blvd., Tel: 023 987 420
Kid's menu includes chicken nuggets and pizza bagels and there are colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet.

Java Tea Room

Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462
Cheerful children's reading room has picture books, puzzles, art supplies and

occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin

16 Street 360, Tel: 011 723 399
This garden retreat has a great kids' area with playhouse and sandbox. Specialises in birthday parties, with cake, decorations, toys and drawing materials provided for US\$7 per child.

classes

Global Art Centre

Behind house 206 Norodom Blvd., Tel: 012 514 790
An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

Khmer

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

Yoga

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Tuesdays. Drop-ins welcome (US\$6)

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290

The first hotel designed specifically for families, Kabiki has a salt-water swimming pool (Children 2 yrs and below: FREE, Children 3 till 12: US\$3, Adults: US\$5) and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets.

Phnom Penh Water Park

50 Street 110, Tel: 023 881 008
Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

Phnom Tamao Wildlife Park

Phnom Tamao, 44 kilometres out of the capital along Highway 2, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open from 8am to 4pm.

Sorya Centre

Corner Street 63 & 142
The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading. Hiring the skates or blades costs between US\$1 and US\$2.

pre-schools

Gecko & Garden Pre-school

1 Street 282, Tel: 092 575 431
This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

Giving Tree Preschool

17 Street 71, Tel: 017 997 112, www.thegivingtreeschool
Play-based programme in both English and French includes storytelling, music, theatre, role-play, dance and gym with large outdoor play area, playground with sandbox, and swimming pool. Takes kids from 18 months to 5 years.

Tchou Tchou

13 Street 21, Tel: 023 362 899, www.tchou-tchou.com
Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

international schools

See Business Section page 76.

shops

Jolly Baby & Kids

108-110 Kampuchea Krom, Tel: 012 995 795
Wholesale and retailer store that sells clothing and toys for children.

Farlin Showrooms

129 Monivong Bvd. 175A Mao Tse Tung Blvd., Tel: 023 228 222 / 012 875 222
Sells a variety of imported products for babies and mothers imported from Taiwan.

Kid's World

112 Sothearos Bvd., Tel: 012 661 168
Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

Monument Toys

111 Norodom Bvd., Tel: 023 217 617
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games. Open 7.30am to 8pm.

Willi Shop

769 Monivong Blvd., Tel: 023 211 652
All products are imported from France, including bébé brand baby products, the range includes prams, baby care, coats and toys. Open from 8am to 8pm.



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shopping & fashion

Shop Talk: Home Is Where the Style Is

Tucked down an alley, off Street 108 is a hidden treasure chest of European style and flair. **Kate Liana** talks to **Yoshie Treiber** to unearth the story behind La Clef de Sol.



Yoshie Treiber has always loved fabrics

THE OLIVE GREEN VESPA parked outside the entrance gives a clue to the style sense that awaits inside. Up a narrow flight of stairs, the ambience grows distinctly continental.

"I always loved to sew little things – bags or a table cloth," explains owner, Yoshie Treiber. "I've always loved fabrics, all the different patterns and textures." That attention to detail and love of raw materials is evident throughout the shop. The large, airy interior has tall windows that open onto the street and is decorated with tasteful dark wood cabinets and tables.

Yoshie got her start importing European furniture and antiques to Japan. Her husband worked at an auction house, and she was taken with the beauty of an-

tiques, which sparked an interest in interior design. Two years ago she came here with her husband on holiday, and they were both taken with the attitude of the people. "Everyone smiled, even though they've been through so much," she says. They also recognized that there was opportunity to build their own business here, since it was still developing.


They currently offer mostly house decor, linens and clothes, but their goal is to import furniture from Europe. "There is a lot of beautiful Asian furniture, but not a lot from Europe and that's what we'd like to ultimately bring here." The shop's name and symbol, which adorn some of the linens – French for G clef, comes from her other passion for playing piano.

This sense of quiet, understated designs is evident in the linens, table cloths, bed sheets and pillows, which use clean, modern lines and subdued palates. Her designs are popular with hotels and restaurants, and convey an understated sophistication. Yoshie believes that creating a sense of beauty and peace in your own home is another way of settling into life here, when we're all so far from the comforts of home.

Her clothing designs are simple and elegant as well, and reflect her personal style. "As a kid I loved American TV shows from the 60s and 70s. The women all wore pretty dresses and heels, even to clean the house!" That timeless elegance is evident in her clothing. The

cuts are feminine and tailored but not too revealing. Using mostly cotton and linen, the colours are muted, the designs basic but with a flair, whether it be lace trim or eyelet sleeves on a loose tunic, or a velvet ribbon on the hem of a skirt.

Yoshie also plans to open a sewing workshop for people who would like to create their own pieces. She can teach people to use the three machines she has, or if they already have knowledge her tailors are on hand to help them with the finishing. "I want people to use this like a salon, and a place where they can use my materials to make something that comes from their own heart," she says.

La Clef de Sol, 75E Street 108.
Tel. 092 194 468. 

shopping guide

art

Happy Painting Gallery
 FCC; Domestic Airport,
 happypainting.net
 Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

books & cds

Carnets d'Asie
 French Cultural Centre (FCC)
 218 Street 184, Tel: 012 799 959
 French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

D's Books
 12E Street 178 & 79 Street 240
 Tel: 092 675 629
 Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

Monument Books
 111 Norodom Blvd., Tel: 023 217 617
 Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 8pm.

Open Book
 41Eo Street 240
 A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

crafts & furniture

Artisans D'Angkor
 Craft Centre Tel: 063 963 330
 Silk Farm Tel: 063 380 375
 Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

Bazar Art de Vivre
 28 Sihanouk Boulevard,
 Tel: 012 776 492
 Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design.

Open from 9am to 6pm (closed Sunday).
Beyond Interiors
 14e Street 306, Tel: 023 987 840
 This interior design showroom, managed by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

Chez l'Artisan
 42D Street 178, Tel: 012 869 634
 Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

I Ching Decor
 85 Sotheaors Blvd., Tel: 023 220 873
 www.ichingdecor.com
 Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's
 71 Street 240, Tel: 023 213 160
 Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

Pavillon d'Asie
 24 - 26 Sihanouk Blvd., Tel: 012 497 217
 Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

fashion

Ambre
 37 Street 178,
 Tel: 023 217 935 / 012 688 608
 High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Bare Necessities
 18 Street 306, Tel: 023 996 664
 Classy, quality underwear from Australia and New Zealand. Also stocks nursing and sports bras, in a large variety of sizes. Orders accepted. Open 9am to 6pm, closed Mondays.

Beautiful Shoes
 138 Street 143, Tel: 012 848 438
 Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6.30pm.



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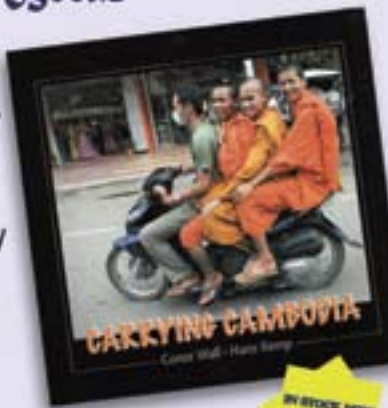


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Bliss

29 Street 240, Tel: 023 215 754
A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

Eric Raisina

53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207
Accessories, home decorations, textiles and clothing created by Malagasy-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Jasmine Boutique

73 Street 240,
Tel: 023 223 103
www.jasmineboutique.net
Established in 2001 by Kellianne Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

Kambuja

165 Street 110,
Tel: 012 613 586
Stylish fashion outlet with clothing designed to fuse west with east.

Keo

92 Street 222, Tel: 012 941 643
Haute couture fashion house run by Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

Mekong Quilts

49 Street 240, www.mekongquilts.org
Outlet for NGO Mekong Plus, Mekong Quilts stocks a large range of hand-crafted bed covers, home accessories, gifts and decorations. All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province. Open 9am to 7pm Monday to Sunday.

Promesses and Kaprices

20 Street 282, Tel: 023 993 527
Lingerie shop stocked with exclusive French & Thai undergarments previously unavailable in the capital. Complete with a VIP changing room Promesses is about more than just getting that everyday bra. Chic, new prêt-à-porter shop Kaprices is located upstairs. Open 9am-7pm.

Sapors

11 Street 59,
Tel: 012 900 470
Modelling agency, training school for housekeeping, as well as a beauty train-

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ing school.

Smateria

8Eo Street 57, Tel: 012 647 061
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango

4a Street 278 Tel: 012-915-968
29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

SONG

75 Street 240, Tel: 092 985 986 / 023 211 741 www.songresort.com
Franchise of Vietnamese-based SONG label owned by Keo Sophea who managed Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Subtly

43 Street 240
Up-market boutique selling Cambodian handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs. Run by French-born Sandrine and Indian Cinni, the Subtly collection combines class with colour. Chillikids children's clothing is also stocked at the shop. Open 9am to 7pm.

Sweet Soul

35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including Sean John, Rocawear and Supra. Mainly for men, though some clothes for women too. One of a kind in the capital. Open 10am to 7pm

Threads

56 E1 Sihanouk Boulevard (behind Java Café), Tel: 012 768 248
Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

Wanderlust

21 Street 240, Tel: 023 221 982
Fantastic 100% cotton clothing by Elizabeth Kiester finally in the Penh. Frocks and shirts as cute as candy, and a variety of cool and funky accessories both for you and your home. Open 10am to 7pm, Sundays 12pm to 5pm

Water Lily

37 Street 240, Tel: 012 812 469
Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces (US\$10 to US\$500), beads, earrings, flamboyant hats (from US\$26) and bags (US\$35). Open 8am to 5.30pm (closed Sunday).

Zoco

22B Street 278, Tel: 017 755 964
Fashion boutique run by the Spanish-born Nuria, sells dresses, skirts, bags

and accessories, with dresses from US\$20. Has another store on the way to Serendipity Beach in Sihanoukville. Two more shops in the pipeline and a boutique in the Independence Hotel.

food

Alpine Trading

13 Street 90, Tel: 012 961 084
This quality European beer importer supplies restaurants, cafes and bars.

AusKhmer - The Pantry Shop

125 Street 105, Tel: 023 993 859
Run by importers, AusKhmer this small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. Open 10am - 6.30pm.

Bayon Market

33-34 Street 114, Tel: 023 881 266
Popular supermarket now in new location with improved parking. Stocks expat feel-good foods, with a focus on the Japanese. Open 8am to 9pm

Bong Karem

Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeij. Delivery available from 12pm to 5pm.

Butcher & Co.

219 Street 19, Tel: 023 223 527
Quality French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

Camory - Premium Cookie Boutique

167 Sisowath Quay, Tel: 023 224 937 www.camoryfoods.com
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

Comme a la Maison

13 Street 57, Tel: 023 360 801
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

Dan's Meats

51A Street 214, Tel: 012 906 072
Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop.

Kampot Pepper Promotion Association

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Kurata Pepper

Cnr. Streets 63 & 322, Tel: 023 726 480
Selling organic Koh Kong pepper and associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

Madeleine's Bakery

172Eo Street 51, BKK 1, Tel: 012 988 432
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm

Smokey da Boar

Tel: 012 836 442
Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

The Deli

73 Street 178, Tel: 012 851 234
Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, delivery service (within 30 minutes) is only from 7am to 11pm.

Veggy's

23 Street 240, Tel: 023 211 534
One of the few shops catering for western tastes - marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other expat essentials. Good range of cheeses, salad and meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

silks & accessories

Couleurs d'Asie

33 Street 240, Tel: 023 221 075
www.couleursdasiae.net
Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products & Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff

215 Street 13, Tel: 012 955 722
Colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

La Clef de Sol

75E Street 108, Tel: 092 194 468
Boutique shop on the opposite La Marmite restaurant has a good range of household goods and home decorations, including tablecloths, bed linen, curtains and bags. Also does made-to-order goods. Open Tuesday-Sunday 10am to 7pm.

Mulberry Boutique

9 Street 51, Tel: 016 222 750
Boutique silk and souvenir shop next to Flavours restaurant in Boeung Keng Kang. Has a wide range of quality silk products, including bags, scarves, wall hangings and cushion covers, as well as jewellery.

NYEMO

14 Street 310,
Tel: 023 213 160
NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works

Street 19 (behind Royal Palace),
Tel: 023 990 219, www.sayonsilkworks.com
Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper

33 Street 178 & Amanjaya Hotel
Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open daily from 8.30am to 7pm.

Sobhanna Boutique

24 Street 144/49, Tel: 023 219 455
A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

Swatch

128 Sihanouk Boulevard,
Tel: 023 222 070
Authorised retailer of famous Swiss Swatch watches. Stocks everything from fun, colourful, kids' ranges to chic, jewellery-like timepieces. Open 9am to 7pm.

Wine

Celliers d'Asie

635 National Road 5,
Tel: 023 986 350
Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

Open Wine


219 Street 19, Tel: 023 223 527
Airoon wine shop and tasting gallery. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

Quarto Products

30 / 31 Street 108, Tel: 023 221 772
email: yuthana@quarto-products.com
Fine food and wine distributors with large range of wines from around the world. Arranges frequent wine dinners and events.

Red Apron

15 Street 240,
Tel: 023 990 951
Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines the boutique has far more range for a special occasion than the supermarkets. 🍷



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Sending and Receiving Mail

Thought you couldn't continue to receive your People magazine subscription after moving to Phnom Penh? Think again. **The Insider** digs into the best ways to send and receive mail in the Capital.



IN THIS DIGITAL AGE WITH video downloads straight to your mobile phone and instant access to the world's information, it still feels comforting to get regular mail. You know, snail mail, in an envelope, with a STAMP! Yes, it is slow and costs actual money, but it is personal, intimate and thoughtful. Many think Phnom Penh lacks the ability to deliver, but that simply isn't true. There are seven post offices in the capital, so one is bound to be near your home, and all offer PO Boxes. Small boxes are US\$13 per year and larger boxes will cost you US\$15 per year.

Getting a PO Box is the most reliable way to receive mail through the Cambodian postal system – don't rely on home delivery. Delivery times vary by origin, but most letters and small packages are delivered within two to three weeks.

An easy way to increase the probability of receiving your package in Cambodia is to have senders pay for tracked or recorded service through their domestic postal system. They will get a message when the package hits the Phnom Penh postal system. The sender can

notify you, and within a couple of days the post office should inform you that a package is waiting. If this doesn't happen, you can go to the post office with the tracking information – package number, date it arrived and the weight. This will help the postal workers find your parcel at the post office.

Sending mail via the Post Office is also simple. International stamps are available for purchase at the counter. So next time you are thinking of someone special overseas, add a personal touch by pen and post them a letter from the Penh.

It is advised not to send anything too valuable through the local post, so for important packages, rely on those international companies that make their bread and butter by shipping. FedEx, UPS, TNT and DHL all have offices here in Phnom Penh. They will all come to your home or office to pick up a package, and deliver it to your international destination. While these services cost more than the local postal service, you have the benefit of being able to track your package. You will also have the peace

of mind that there is someone you can hold accountable if something goes awry.

What if, instead of sending one small valuable, you need to send all your valuables?

With the deep-water port in Sihanoukville, numerous top-notch shipping companies are based in Phnom Penh. Companies like Asian Tigers Transpo International, Worldbridge International, or Crown Worldwide have been packing it up and shipping it out for years. It is fascinating to watch the professionals sweep in and wrap up all your worldly belongings in just a couple of hours. With little thought to saving trees, your household can be rapidly reduced to boxes and ready for international transit.

■ THE DELIVERY

Post Office Locations:

Ang Eng (Street 13), corner Street 102 (Head Office)

Sihanouk (Street. 274) corner Monivong Blvd.

486BC Mao Tse Tung (Street 245)

113-115 Street 199

217Eo Monireth Blvd. (Street 217)

Pochentong Road Phnom Penh International Airport

National Road No 1 Sangkat Chbar Ampov

FedEx:

701D Monivong Blvd.
Tel: 023 211 728

DHL:

353 Ang Duong (Street 110)
Tel: 023 427 726

UPS:

30Eo Sihanouk Blvd. (Street 274)
Tel: 023 219 213

Asian Tigers Transpo International

Tel: 023 880 951
<http://www.asiantigersgroup.com>


Worldbridge International

Tel: 023 216 049
<http://www.eaglel.com>

Crown Worldwide

Tel: 023 881 004
<http://www.crownrelo.com>

TNT Express Worldwide Ltd.

28 Monivong Blvd.
Tel. 023 430 922
www.tnt.com 

The Geek: Fighting spam



As e-marketing is on the rise in Cambodia, spam email is becoming a problem. This month *The Geek* gives you some tips on how to prevent spam and how to fight back if you are under attack.

FIRST OF ALL, LET ME START with some of the mistakes you might have made that lead to spam in your inbox. Have you got a personal website or work website that lists your email address for public viewing? Maybe you have just been to a conference or workshop that requires you to provide your email address to join their mailing list for future updates. Or possibly you signed up for a mailing list or website membership using your main email address?

Free, downloadable games on the Internet often come with hidden spyware or a Trojan virus. These enable spammers to infect your hard drive and harvest it, sending data like your Skype contacts or Excel sheets back to its creator.

Without up-to-date antivirus programs that detects spyware, your computer will run slower and you might get spam email or pop-up ads even without going to a website.

Consequences of your email being attacked can be major. The worst case would be your professional email address being spoofed. This means an attacker uses your email address to send junk email to people in your contact list. The only way to get rid of this problem is to change your email address and then reconnect with all the people in your contact list – a major headache.

■ SOLUTIONS

If you have to have your email address in public view, make sure your website or email hosting company knows what they are doing. Many local companies only know how to post the website and email system but don't know how to maintain it. Some well known ones like godaddy.com and lunapages.com give you the option of premium protection.

It pays also to have a few email addresses and use one for just registering to mailing lists or for subscriptions.

Use better antivirus, spyware, spam email and hacking protection software like ESET Smart Security (eset.com or netpro-cambodia.com). This solution can cost about US\$50 per year but might save you from the hassle of having to re-print your business and change your email address.

If you really want to get back at the spammers, Spam Bully is a great downloadable program (spambully.com). At about US\$30 per year Spam-bully allows you to report the spammers to their Internet provider with a simple click of your mouse.

Sok Yeng is the technical manager at NETPRO-Cambodia. This company provides IT solutions for the home or office. Email: info@netpro-cambodia.com. www.netpro-cambodia.com for more information. ☑

the insider

advisory services

Alcoholics Anonymous

20B Street 286, Tel: 092 974 882
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

Narcotics Anonymous

20B Street 286, Tel: 012 990 937
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

architecture & design

Architecture in Asia

Bassac Garden City, Street E Villar E10 (off Norodom Blvd.) Tel: 017 939 591
Architect with 15 years of experience in interior and architectural design in Asia.

Bill Grant Landscape Design

Tel: 012 932 225
Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at www.landscapecambodia.com

bikes & mechanics

The Bike Shop

31 Street 302, Tel: 012 851 776
www.phnompenhbike.com
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

Dara Motorbike Shop

339 Street 110, Tel: 012 335 499
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

Emerald Garage

11 Street 456, Tel: 023 357 011
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

building

Bizzy Beez

Tel: 012 755 913
Company that promotes itself as the city's premier handyman service. Renovations, construction work, electrics, plumbing, painting & landscaping, as well as general handyman work.

business groups

Australian Business Association of Cambodia (ABAC)

20 Cmn of streets Kramuon Sar & 67.,

Tel. 012 675 838. abacambodia@gmail.com. www.abac.com.kh

British Business Association of Cambodia (BBAC)

124 Norodom Blvd., Tel: 012 803 891
senaka.fernando@kh.pwc.com

Chambre de Commerce

Franco-Cambodgienne
Office 13A Ground Floor
Hotel Cambodiana, Tel: 023 221 453
www.ccfcbodge.org

International Business Club of Cambodia

56 Sothearos Blvd., Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade

Commissioner Service Canadian Embassy,
9 Street 254, Tel: 023 213 470 Ext 417
www.infoexport.gc.ca/kh/

BCC / Malaysian Business Council of Cambodia

Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com
Singapore Business Club (Cambodia)
92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Women's International Group

Tel: 092 942 435 / 012-934-831,
email: dortekieler@gmail.com
WIG meets every first Wednesday of the month at 3pm at Hotel InterContinental with a speaker on various topics. Also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in. Annual fee of US\$20 goes to projects for poor women and children in Cambodia.

commercial banks

Advanced Bank of Asia

148 Sihanouk Blvd., Tel: 023 720 435
www.ababank.com.kh
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Royal Bank

Main Branch, 20 Street 114
www.anzroyal.com
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

Maruhan Japan Bank

83 Norodom Blvd., Tel: 023 999 010

Airlines

Air Asia

66 Mao Tse Tung Boulevard
Tel: 023 356 011

Angkor Airways

32 Norodom Boulevard
Tel: 023 222 056

Bangkok Airways

61A Street 214
Tel: 023 722 545

China Airlines

32 Norodom Boulevard
Tel: 023 222 393

Dragon Air

168 Monireth Boulevard
Tel: 023 424 300

Eva Air

298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia

333B Monivong Boulevard
Tel: 023 220 909

Korean Air

F3-R03, 254 Monivong Blvd.
Tel: 023 224 047/8

Lao Airlines

58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines

172 Monivong Boulevard
Tel: 023 218 923

Royal Khmer Airlines

36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air

19 Street 106
Tel: 023 723 999

Siem Reap Airways

61A Street 214
Tel: 023 722 545

Silk Air

313 Sisowath Quay (Himawari Hotel)
Tel: 023 426 808

Thai Airways

294 Mao Tse Tung Boulevard
Tel: 023 214 359

Vietnam Airlines

41 Street 214
Tel: 023 363 396 ☑



First Japanese commercial bank in Phnom Penh.

Counselling Services

Banyan Tree Counselling Listing

17Az Street 21, Tel. 017 555 691
Run by Australian and American Social workers and Family therapists. Specialising in counselling for children, adolescents, couples and families.
1 hour US\$65, 1.5 hours – US\$85

Phnom Penh Counselling Centre

11 Street 420, Tel. 092 700 910
Individual, couple and family therapy as well as resolution of trauma and abuse residue using EMDR. Sliding scale fees based on income.

design & media

Asia Media Lab

Tel: 012 818 917, www.Asiamedialab.com
Full service video production company specializing in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy. Di-

rector, producer, storyteller Todd Brown has nearly a decade of experience producing compelling television programs in the US.

insurance

AG Cambodia

Hotel Cambodiana, 313 Sisowath Quay
Tel: 017 360 333, info@agcambodia.com
Professional insurance agent offering health, home, car, factory, employee and hotel insurance packages.

Asia Insurance Cambodia

5 Street 13, Tel: 023 427 981
email@asiainsurance.com.kh
www.asiainsurance.com.kh
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

Forte Insurance (Cambodia)

325 Mao Tse Tung, Tel: 023 885 066
www.forteinsurance.com
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine,

travel and transport insurance.

Infinity Insurance

126 Norodom Blvd, Tel: 023 999 888
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

international schools

iCAN International School

85 Sotheaors Blvd, Tel: 023 222 418
www.ican.edu.kh
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

International School of Phnom Penh

146 Norodom Blvd, Tel: 023 213 103
www.ispp.edu.kh
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes

Street 96, Tel: 023 722 044
www.descartes-cambodge.com
French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School

1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds.

PYP/IBO candidate school.

Zaman International School

2843 Street 3, Tel: 023 214 040
www.zamanisc.org
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

it & software

Conical Hat (Cambodia) Ltd.

Norodom Blvd.,
Tel: 023 362 957
info@conicalhat.com, conicalhat.com
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

Netpro Cambodia

146D, Street 376, (near Toul Sleng Museum),
Tel: 855 23 215 141,
info@netpro-cambodia.com,
netpro-cambodia.com.
IT support company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

legal

Sciaroni & Associates

56 Sotheaors Blvd., Tel: 023 210 225
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

Office Space

Kamia The Secretary Ltd.

784-787, Building F Phnom Penh Centre, Cnr. Sotheaors & Sihanouk Bldvs., Tel: 023 997 492,
www.theseecretarycambodia.com
Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

Pets

Happy Dog

233 Kampuchea Krom (Street 128),
Tel: 012 321 333
Just what man's best friend wanted. This

Embassies

AUSTRALIA

16B National Assembly Street
Tel. 023 213 470
www.cambodia.embassy.gov.au

BELGIUM

Phnom Penh Center, Sihanouk Blvd., Block F - Floor 7
Tel: 023 214 024

CANADA

Canadians must see the Australian Embassy.

CHINA

156 Mao Tse Tung Boulevard,
Tel: 023 720 920
www.travelchinaguide.com/embassy/cambodia.htm

DENMARK

8 Street 352 Tel: 023 987 629
www.phnompenh.um.dk/en

FRANCE

1 Monivong Boulevard,
Tel: 023 430 020
www.ambafrance-kh.org

GERMANY

76-78 Street 214,
Tel: 023 216 381
www.phnom-penh.diplo.de/Vertretung/phnompenh/en/Startseite.html

JAPAN

75 Norodom Boulevard,
Tel: 023 217 161
www.kh.emb-japan.go.jp/index-e.htm

LAOS

15-17 Mao Tse Tung,
Tel: 023 983 632
www.kln.gov.my/perwakilan/phnompenh

MALAYSIA

5 Street 242, Tel: 023 216 176
www.kln.gov.my/perwakilan/phnompenh

MYANMAR

181 Norodom Blvd.,
Tel: 023-213-663
www.mofa.gov.mm/myanmarmissions/cambodia.html

PHILIPPINES

33 Street 294, Tel: 023 215 145
phnompenhpe@ezecom.com.kh

SINGAPORE

92 Norodom Boulevard,
Tel: 023 221 875
singemb_pnh@sgmfa.gov.sg
www.mfa.gov.sg/phnompenh

SWEDEN

8 Street 352, Tel: 023 212 259
www.swedenabroad.com

THAILAND

196 Norodom Boulevard,
Tel: 023 726 306
www.mfa.go.th

UNITED KINGDOM

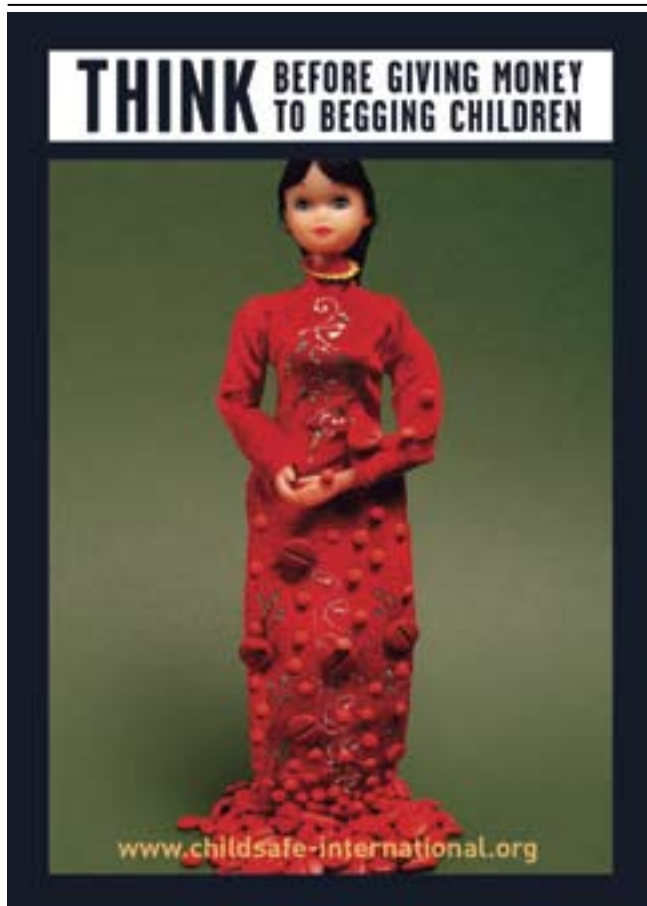
27-29 Street 75,
Tel. 023 427 124
ukba.phnompenh@fco.gov.uk
www.ukincambodia.fco.gov.uk/en

UNITED STATES

1 Street 96, Tel. 023 728 000
ACSPnomPenh@state.gov
www.cambodia.usembassy.gov

VIETNAM

436 Monivong Boulevard, Tel: 023 726 283
www.vietnamembassy-cambodia.org/en



Trevor Keidan: Testing Your 'Metal'

When it comes to investing in precious metals gold still outshines the likes of silver, platinum and copper. However, lately some of the more exotic commodities are now starting to attract the attention of investors.



IT USED TO BE THAT WHEN we spoke about investing in commodities we were usually talking about gold or oil. As natural resources these were – and often still are – the first to spring to mind. Until recently these two market stalwarts pretty much had the whole 'ordinary' investment market all to themselves.

Nowadays, however, it appears that some of the more exotic materials are starting to attract the attention of armchair investors. This is especially the case when it comes to metals.

In the past, commodities such as platinum, silver and copper used to be the domain of the 'specialists' and professionals. They were for those who understood the London Metal Exchange (LME). In other words they, like natural gas, were commodities best left to the experts. Now, however, almost anyone can 'have a go' because commodities – and especially metals – are becoming easier to invest in and easier to obtain information about.

Exchange traded funds have – once again – had something to do with this. In fact the first United States platinum and palladium exchange-traded funds were launched in

January of this year and there were high hopes that they would do well.

Analysts believe that the simple act of launching a fund that specialised in physical platinum would create a demand for the commodity and cause a rally. This is because this particular ETF actually buys and holds physical quantities of the material.

You might well ask what's the attraction of some of these other metals in comparison to gold? Well, whereas gold is predominantly consumer-driven, metal platinum – for example – is much used in industry. While we all know that platinum is used in jewellery (often as a substitute for gold) many of us might not be aware that it is also used in autocatalysts to clean exhaust fumes from vehicles.

But the car industry is having a hard time right now, I hear you say. And you are right. The US car industry is undergoing massive change and their Japanese competitors Toyota and Honda are having substantial problems. But don't forget China and India and the other emerging market economies. They are all expected to create and

drive – quite literally – the new demand for cars.

As the emerging market economies develop – producing large and salaried workforces as they grow – they are expected to create a large demand for new buses, cars, trucks, tractors and almost any other kind of vehicle known to man. And these new vehicles will require platinum.

So if you do want to get into metals where do you go to find out more? The answer is www.kitco.com. There you will find almost anything you ever wanted to know about copper, platinum and silver. You will even find prices for other metals such as nickel, zinc and uranium.

While you are researching metals you will probably notice that gold still holds pride of place when it comes to investing. After all it is tried and true and still the investment of choice when it comes to economic uncertainty. It is also on the frontline in the battle against inflation.

This is worth bearing in mind when you consider your options. Especially if you are wondering whether to sell your gold and put everything you own in to other metals. The answer is probably not. With all things considered gold is still a very

good buy – especially when you take inflation into account.

And even though gold has corrected recently there are still those who think that the precious metal still has a way to go. At the moment gold is trading in the low US\$1000 but there are those who see it going to US\$1500 or US\$2000 an ounce. Although nothing can be certain one thing is for sure – gold likes uncertainty and there is still plenty of that to go around!

However, if your affinity for gold has given you a taste for metals why not consider diversifying your portfolio further? However please make sure you take advice before investing in these 'new' markets to make sure such investments suit your specific needs, objectives and time horizons.

After all remember... 'all that glitters is not gold'!

Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to tkeidan@infinsolutions.com.

shop specialises in dog food, toys, products and services, including veterinary, boarding, grooming and shampoo. Open from 8am to 8pm.

Post Office

Main Post Office

Cnr. Street 102 & Street 13
Open from 6.30am to 9pm. The place to go if you want to send something overseas or get a PO Box.

Photography

AsiaMotion

Tel: 092 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

Melon Rouge Agency

84 Sotheaors Blvd, Tel: 092 644 811, www.melon-rouge.com
Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

Nathan Horton Photography

Tel: 092 526 706
Full service professional photographer. Hotels, bars, restaurants, spas and location work. Call for Travel Photography workshops and Travel Photography tours.

www.nathanhortonphotography.com

James Grant – Slik Photography

Tel: 092.212.880
Commercially trained and fine art qualified professional photography. Over 8 years experience. Full service of Fashion, Life style and Still Life. www.JamesGrantPhoto.com

Printing

Digital Advertising

60E Street 38, Tel: 023 987 600
Print house with modern equipment that provides full print services as well as graphic design.

Relocation

Crown

115-116 Street 335, Tel: 023 881 004
Global transportation and relocation company with over 150 offices in 50 countries, specialising in expat support and household shipment.

Security Firms

MPA

23 Street 214, Tel: 023 210 836
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

Shipping

Crown

Hotel Cambodiana, 313 Sisowath Quay,

Tel: 023 986 680, www.crownrelo.com
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

Telecoms

Beeline

Tel: 090 999 611, www.beeline.com.kh
Mobile phone company offering VoIP international calls at attractive rates.

Cadcoms

825A Monivong Blvd., Tel: 023 726 680
Communications company with Norwegian connections has launched the qb 3G entertainment network. Has competitive talk packages.

Cambodia Samarat Communication

56 Norodom Blvd., Tel: 016 81001
Internet provider that issues the 016 SIM card.

Camshin

6B-7B 294 Mao Tse Tung Blvd.
Tel: 023 367 801

Internet provider that also installs land lines and issues the 011 SIM card.

City Link

170 Norodom Blvd., Tel: 023 220 112
One of the major internet providers in Phnom Penh.

Ezecom

7D Russian Blvd., Tel: 023 888 181
www.ezecom.com.kh
Internet service provider that promises

boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

Hello

Tel: 016 810 000, www.hello.com.kh
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

Mobitel

33 Sihanouk Blvd., Tel: 012 801 801
Largest ISP in the country. Major mobile phone company which issues the 012 SIM card.

Online

60 Monivong Blvd., Tel: 023 727 272
The biggest and most reliable of the Internet providers. Watch out for their hotspots around town.

Smart Mobile

464 Monivong Blvd., Tel: 023 868 881
Newest of the mobile phone providers in the capital. Issues the 010 and 098 SIM cards.

Star-Cell

173 Nehru Blvd., Tel: 023 888 887
Mobile phone providers with the 098 SIM Card. Has recently established an office within Siem Reap too.

Telesurf

33 Sihanouk Blvd, Tel: 012 800 800
www.telesurf.com.kh
Internet service provider (ISP) providing 24-hour broadband Internet service. 📡

siem reap

Designs on Siem Reap

You might spend a long time working out what Madagascar, New York and the Philippines have in common, unless you knew Siem Reap and were even vaguely fashion aware.

Words by **Nicky Hosford**.



Eric Raisina blends Asian fabrics with African colours

IN THIS DUSTY, DOWDY town, three very different clothing designers have chosen to set up home. Hailing from Africa, America and Asia, and each with his or her own very unique style – here, they are thriving.

Eric Raisina first came to Siem Reap 13 years ago, from Madagascar via Paris. Four years later, the sense of peace and quiet and the feeling of being home drew him back. Blending Asian fabrics and African colours, he has been steadily establishing himself as a global brand ever since.

More recently Elizabeth Kiester, the dynamo behind Wanderlust, arrived from New York on a volunteer programme with an NGO, got her heels stuck in the mud and that was that. Along with young Filipino Don Prosatio of Poetry, her decision to stay in Siem Reap owed a lot to the need to step away from the edge of burn-out. But, there was more to it. “Cambodia illuminated some hidden spot inside of me that was looking and searching for a place to be to continue my work in fashion, but in a deeper, more meaningful way,” she says.

And this meaning seems to be what each of these talented creators has sought and found here, even if it’s not always an easy process. “Here, it’s a ‘make your

own parade’ kinda thing”, says Don, and believe me he does.

“When Don Prosatio first walked into my shop wearing polka dot shorts and gladiator sandals, I knew I had found a kindred spirit!” enthuses Elizabeth.

It’s easy to imagine the whirlpools of creativity reigning in Paris, London or New York churning up wonderful ideas and beautiful concepts. But Siem Reap? It can’t be easy to find the spark. This doesn’t intimidate Don though. “Here, nobody will make it happen for you except you. But I’m the type of person who likes the process more than the final product so it works for me”.

For Eric, the peace and quiet of Siem Reap are essential to his creativity, though he admits that the temples can be an intimidating backdrop to the process. “But, with his own liquid elegance, he elucidates, “it’s also exciting to find new ways to make them a reality for this period.” This is key to Eric’s work, new interpretations of known fabrics, or ideas, and is the source of his renowned “silk fur”, a fabric so soft and luminous it’s like stroking a velvet cloud.

As importantly as the setting or the tempo, all three designers talk about the people with whom they work. In Eric’s case, he has worked with some of his

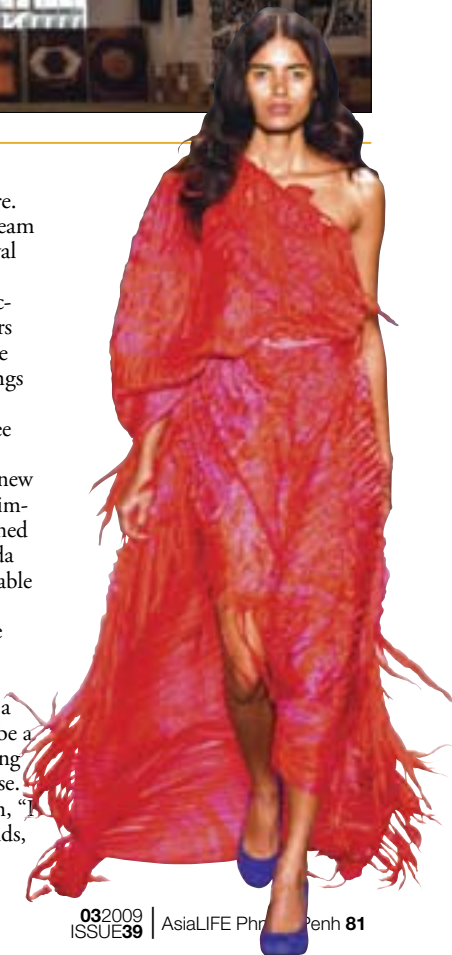


Don Prosatio's Poetry

24-woman crew for the entire nine years that he has been here. Elizabeth too has trained her team from scratch, and is hugely loyal to them. “I shout out that we work with local people, not factories”, she says. “My customers love that there are faces and the human touch on all of the things they buy from Wanderlust.”

Of course, these talented three cannot keep Siem Reap all to themselves forever, and already new young designers are making an impression in town. Clothes designed by young Americans, Lauren Iida and Rachel Faller, are now available in Circle on Alley West.

It’s true that the design scene in Siem Reap, as in Cambodia, is dominated by foreigners, for the moment. In the absence of a proper design school, it might be a little while yet until we see young Cambodian designers on the rise. But keep your eye out says Don, “I have Cambodian designer friends, and they’re catching up!”



calendar

March

everything you've wanted to know about what's going on in the Reap ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS

1 Monday

Menu Change at Sala Bai. New Asian and Western set menus + à la carte.

4 Thursday

Bistronomique Fundraising Dinner at Sala Bai. Time to TBA

13 Saturday

Six Nations, Ireland v. Wales. 9.30pm at the Sports Bar

Six Nations, Scotland v. England. Midnight at the Sports Bar

14 Sunday

Six Nations, France v. Italy. 9.30pm at the Sports Bar

15 Monday

Menu Change at Sala Bai. A new set menu every day this week, including starter, main and dessert.

17 Wednesday

Paddy's Day Fiesta at Molly Malone's. Prepare for green beer, special food menu, novelty shots, live music and, of course, Mighty Craic!

Irish Specials at Raffles Grand Hotel d'Angkor

20 Saturday

Six Nations, Wales v. Italy. 9.30pm at the Sports Bar

Six Nations, Ireland v. Scotland. Midnight at the Sports Bar

Six Nations, France v. England. At the Sports Bar. Time TBA



20 Saturday

Earth Hour at Raffles Grand Hotel d'Angkor - planet solidarity and lights out for one hour.

All Month

Alliance Café, exhibition by Mao Soviet, a Khmer graduate of Phare Ponleu Selpak in Battambang. "Lost Heritage", pen on old canvas exploration of ancient, lost Khmer and colonial buildings.

"Life and Disability", an exhibition by Chan Sokdam, a young student photographer at local NGO Anjali House, will continue at The Heritage Suites Hotel until the 16th of March.

Every Monday

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 6pm - 6:30pm

Movie Night @ Soria Moria. Free popcorn, rooftop bar. 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

Every Tuesday

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 6pm - 6:30pm

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 9:30am - 10:30am

Pilates with Conchetta @ Peace Café (formerly Singing Tree Café). 9:30am - 10:30am

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 6.30 - 8pm

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm - 8.30pm

Ladies Night @ Soria Moria. Complimentary glass of Champagne, free treats and specials. 7pm - 10pm

Every Wednesday

US\$1 Night @ Soria Moria. All drinks, all food US\$1. 7pm - 11pm

Monk Chat @ Singing Tree Café. Introduction to Buddhism with Venerable Sokhun and friends. 5pm - 6pm

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 6pm - 6:30pm

Introduction to meditation @ Peace Café (formerly Singing Tree Café). By Raja Yoga. 7pm - 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

Every Thursday

Charity Pub Quiz @ Funky Monkey. Test your knowledge, and raise funds for charity. 9pm

Oh My Buddha @ Soria Moria. Happy Hour from 10am to 10pm, buy one get one free drinks. 50% off all food. 10am - 10pm

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 10am - 11.30am

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Every Friday

Apsara Dance @ Soria Moria. By the children from Sangkheum Centre. Special set menu. Book in advance. 7pm

Pilates with Conchetta @ Singing Tree Café. 9.30am – 10.30am

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 6.30 – 8pm

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 5pm – 6pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm – 8.30pm

Live music with Cambojam @ The Banana Leaf. Live music session with popular local expat band. 8.30pm – 12pm

Ladies Night @ FCC. Free FCC chosen drink for all women. 7pm – 9pm

Every Saturday

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 9am – 10.30am

Super Saturday @ Soria Moria. All day Happy Hour, buy one get one free drinks. 50 percent off all food. 12pm – 8pm

Monk Chat @ Peace Café (formerly Singing Tree Café). Introduction to Buddhism with Venerable Sokhun and friends. 5pm – 6pm

English Club @ Peace Café (formerly Singing Tree Café). Talk and Teach/Talk and Learn. Come to talk and exchange views with Cambodian students, improve their language skills. 1pm – 3pm

Every Sunday

Wine Night @ Soria Moria. Special offers for wine lovers. 6pm – 9pm

Sunday BBQ & Pool Party @ Siem Reap Hostel. Tickets US\$4. 5pm until...

Spanish Sunday @ FCC. Sangria & Paella, all you can eat and drink for US\$12, net. 11.30am – 2pm

COMING UP...

Sokha Hotel Texas Scramble tournament at the Angkor Golf Resort from 3rd to 4th April. 

siem reap

 ChildSafe network
A network protecting children from all forms of abuse.
www.childsafe-cambodia.org
Together, protecting children.

siem reap - bars

AHA
The Passage, Tel: 063 965 501
Sophisticated and beautifully designed wine bar selling a wide range of wines from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

Angkor What?
Pub Street, Tel: 012 181 4001
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Buy 2 buckets in one purchase, get a free Angkor What? T-shirt. Open from 5pm to late.

Banana Leaf
Pub Street, Tel: 012 378 488
At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam. A new cocktail promotion every week, and 50c draft beers after 9pm. Open from 9am till late.

Central Bar & Brasserie
Old Market, Tel: 017 962 997
New contemporary and stylish bar/restaurant on the corner facing Old Market, serving generous salads, sandwiches, pasta, pizzas and burgers. Reportedly the best breakfast in town. Open from 7am – 11pm.

Chilli Si-dang
East River, Tel: 012 723 488
Restaurant bar serving Thai food and a wide range of wines, with a cool design, pool table and good sound system. Open from 9am to 11pm.

Funky Munky
Pub Street, Tel: 092 276 751
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

Giddy Gecko Bar
Lane off Pub Street, Tel: 092 857 400
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street. Happy Hour from 4pm – 8pm, buy 2 drinks, get one free (cocktails and beer). Open from 11am till late.

Laundry Bar
Old Market, Tel: 016 962 026
www.laundry-bar.com
Extremely chilled music bar just off Pub

Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar
Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

Miss Wong
Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's
Pub Street Tel: 063 963 533
www.mollymalonescambodia.com
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

Red Piano
Pub Street, Tel: 063 964 750
www.redpianocambodia.com
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

The Warehouse
Old Market, Tel: 063 965 204
Popular expat bar opposite the old market that plays great music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a free gallery upstairs. Open from 10am to 3am.

X Bar
Sivatha Street & Pub Street, Tel: 092 207 842
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Superize TV screen, table football and pool tables provide a number of options for staying up later.

siem reap - cafés

Blue Pumpkin
Old Market, Tel: 012 946 227



សម្បត្តិ ភ្នំពេញ ក្រុង
GOLDEN ORANGE HOTEL

Group 1, House No 7, Siokram Village, Siem Reap
Tel: 063 965 389 - www.goldenorangehotel.com
reservations@goldenorangehotel.com

Rooms from \$30 (including breakfast). Free Broadband Internet / Wifi,
Rooms have air-con, in-room security box, mini-bar, private shower
with hot water, Deluxe rooms with jacuzzi, Cozy bar,
Roof top terrace area, 10 minutes from the airport.



Central Siem Reap

www.tbpumpkin.com

Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Café de la Paix
Sivutha Blvd, Tel: 063 966 000
www.hoteldelapaixangkor.com

Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and pastisseries are all 50% off after 8pm.

4FACES Gallery
Old Market Area, Tel: 089 20 83 36
www.4faces.net

Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am – late.

Singing Tree Café
Wat Bo Area, Tel: 012 258 984

Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

Singing Tree Corner
Old Market, Tel: 012 258 984

New born sister to the Singing Tree Café, this colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Open 11am to 9pm.

siem reap - galleries

Alliance Café
7 Makara Street, Wat Damnak Area
Tel: 017 809 010

In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

Arts Lounge
Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000

Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

4FACES Gallery
Old Market Area, Tel: 089 20 83 36
www.4faces.net

Photography gallery showing photojournalism, fine art and documentary photography by international photographers on the Black Wall in monthly exhibitions with a permanent display are black and white photographs by Dutch photographer Eric de Vries. Open 10 am – late.

Friends Centre
Achémean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)
International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

McDermott Gallery I & II
FCC Complex, Pokambor Avenue, Tel: 012 274 274
Alley behind Pub Street, Tel: 092 668 181
www.mcdermottgallery.com

Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

The One Gallery
The Passage, Old Market Area
Tel: 015 378 088

Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories. Open 11am – midnight.

The Red Gallery
FCC, Pokambor Ave., Tel: 092 822 323
A contemporary art space representing a select group of artists based in Cam-

bodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

The Wa Gallery
333 Sivutha Boulevard, Tel: 016 746 701
Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

siem reap - hotels

Amansara
Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com
The ultimate in Siem Riep's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor
Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

Golden Banana Boutique Resort
Wat Damnak Area, Tel: 012 654 638 / 012 885 366
www.goldenbanana.info
Villas and suites surrounding a salt water pool with WiFi, private outdoor bath and showers, bar and restaurant.

Golden Orange
Off East River Road, Tel: 063 965 389
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

Hotel de la Paix
Sivutha Boulevard, Tel: 063 966 000
www.hoteldelapaixangkor.com
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

La Residence d'Angkor
River Road, Tel: 063 963 390
www.residenceangkor.com
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

Raffles Grand Hotel D'Angkor
1 Charles de Gaulle, Tel: 063 963 888
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.


Tara Angkor Hotel
Road to Angkor, Tel: 063 966 661
Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

Victoria Angkor
Near Royal Gardens, Tel: 063 760 428
www.victoriahotels.asia
Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

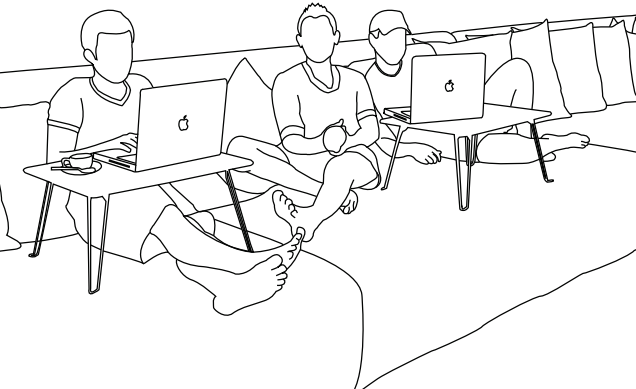
siem reap - leisure

Body Tune
293-296 Pokambor Avenue
www.bodytune.co.th
Heavy grey stone Thai-run spa with selection of massages and facials. All massages work with Thai instructors.

Frangipani
Alley behind Pub Street, 615-617 Hup Guan Street
Tel: 063 964 391
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Fre-




the blue pumpkin



**bakery
ice cream
restaurant
lounge**

free old market - siem reap
www.tbpumpkin.com
063 963 574
open 06.00 to 22.00



quented by those expats in the know.

Helicopters Cambodia

658 Hup Quan Street, Tel: 063 963 316
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa, Vihai Charles de Gaulle, Tel: 056 396 4600, golf@sofitel-royal-angkor.com
International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

siem reap - restaurants

AHA

The Passage, Tel: 063 965 501
Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

Alliance Café

7 Makara Street, Wat Damnak Area
Tel: 017 809 010
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Black Wheat

Pub Street Area. Tel: 092 96 32 13
Modern restaurant serving the traditional French buckwheat crepes, stuffed with all kinds of meat, sausages, cheese, vegetables, eggs and fish, as well as pizzas. Open from 10.30am to 11.30pm.

Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Chez Ninie

Lane off Pub Street, Tel: 012 582 782
Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

Circle & Sammak

Alley West, Old Market Area
Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokjy and designer of iida designs. Visit Sammak Café and Gallery upstairs for an unforgettable cup-cake. Open 9am – 10pm Tuesday- Sunday

FCC Angkor

FCC Complex, Pokambor Avenue
Tel: 063 760 280
The best example of contemporary Asian architecture in Cambodia, elegant bar & restaurant serve mix of Asian and international cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

Kama Sutra

Pub Street.
Tel: 017 82 44 74
Combining contemporary and traditional food evoking flavours from across Asia. Dedicated barbecue section, with regional classics from Thailand, Vietnam, Malaysia and Cambodia. Plus the curries, tandoori and massala for which it made its name. Open from 11am – 11pm.

Khmer Kitchen

Old Market. Tel: 063 964 154
Unfailingly popular with expats and tourists alike for its well-prepared, generous Khmer and Thai dishes at highly affordable prices. Open 11am to 11pm.

Khmer Kitchen BBQ

Pub St. Area., Tel: 012 34 95 01
A smaller venue than the sister Khmer Kitchen, but the food and service are just as good. Almost impossible to go wrong here. Open from 11am to 11pm.

La Noria

Wat Bo Road, Tel: 063 964 242
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Grand Café

Old Market. Tel: 012 847 419
Elegant, open-fronted colonial style restaurant/café, serving a mixture of French and Asian classic dishes. Chef's recommendations include palm, pepper scallops and the Le Grand Café Lasagne, made with chicken and spinach in a Balleys sauce. Open from 7am to 11pm.

L'Oasi

East River Road, Tel: 092 418 917
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

Maharajah

Street 7 Old Market Area, Tel: 092 506 622
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Meric

Hotel de la Paix, Sivutha Boulevard,
Tel: 063 966 000,
www.hoteldelapaixangkor.com
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Moksha

The Passage. Tel: 012 181 3981
Contemporary Asian food, mixing special grills and regional classics. Signature dishes include marinated beef with fried red ants,

and grilled duck breast with tamarind. Open 11am – 11pm.

Samsara

The Passage. Tel: 017 82 44 74
The only South Indian restaurant in town, serving dosa and wada and many other tasty dishes from this renowned region. Open 11am – 11pm.

Singing Tree Café

Wat Bo Area. Tel: 012 258 984
Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

The Soup Dragon

Pub Street. Tel: 063 96 49 30
At this location since 2000, this multi-storied restaurant continues to pull in strong crowds for its extensive menu of western, Vietnamese and Khmer dishes. Open from 6am to 11pm.

Viroth's

Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

Carnets d'Asie

333 Sivutha Boulevard,
Tel: 016 746 701
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisina

53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207
Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Jasmine Boutique

FCC Angkor, Pokambor Avenue
Tel: 063 760 610
Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the ballgown you forgot to bring with you.

Oro Rosso

Old Market,
Tel: 092 985 986
Formerly Sông, but same owner even if under a different name and the same feminine, classic styles. Open from 9am to 10pm.

Rouge

Rogue, formerly the Boom Boom Room, continues to provide the most up to date music from their massive catalogue of music, movies, and television serials.

Siem Reap Book Centre

Pub Street Area. Tel: 012 929 298
History books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines. Open 10am.

U-Care Pharmacy

Next to Old Market,
Tel: 063 965 396
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

Wanderlust

The Alley West, Tel: 063 965 980
Clothes that make you look good and life feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery.

travel

Blazing Trails

Killing Fields Road,
Tel: 012 676 381 / 012 542 916
Adventure tourism company that runs trips on quad bikes to Phnom Tmao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

Cambodia Uncovered

Tel: 012 507 097
www.cambodiauncovered.com
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel

46 Norodom Blvd, Tel: 023 219 151
www.exotissimo.com
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

Helicopters Cambodia

Travel Indochina
43-44E Street 108, Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

Intrepid Travel

468 Sivatha Blvd., Tel: 063 966 655
For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. With a huge variety of tours available, Intrepid travellers explore the world's most amazing places.

Sokha Helicopters

2 St. 134 Phnom Penh, Tel: 023 885 773,
24 Sivatha Road Siem Reap,
Tel: 012 184 8891
www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina

43-44E Street 108, Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 



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getaways

Banteay Chhmar: A Temple Lost in the Jungle

In the far northwestern corner of Cambodia the looted Angkorian temple of Banteay Chhmar sits teetering on the brink of a revival. A paved road scheduled to start construction this year is bound to increase visitors. Craig Gerard braves the bumpy journey to find a slice of Cambodian tranquility.



COMMISSIONED BY KING Jayavarman VII and situated some 15km from the Thai border, Banteay Chhmar is often compared to Angkor Thom in size and structure. The complex is full of sandstone bas-reliefs that tell stories of ancient Cambodian battles. Witnessing the preservation of the temple and experiencing the beauty of the local community will reward the adventurous traveller.

The bas-reliefs along the surrounding wall of the temple are some of the finest in Cambodia. Yet the stories are incomplete due to sustained looting, which continued as late as 2002. Huge sections of the outer wall have been chiselled away, and are now scattered to the four winds. While the loss is felt as you wander around the massive complex, it also drives home the importance of visitors to this remote site. These tourist dollars lead to the long-run stability of the temple and the surrounding villages.

Such is the hope of Global Heritage Fund (GHF), a non-profit organisation based in California. It specialises in tying conservation of historical sites to the needs of the local community to make tourism relevant and profitable, while ensuring local inhabitants are stewards of their own heritage. James Hooper, the manager of Global Heritage Fund UK and International Project Development specialist, sees great potential in Banteay Chhmar.

“Banteay Chhmar is a perfect example of how Global Heritage Fund works with local groups to build sustainable tourist infrastructure,” says Hooper. Through their partnership with the Community Based Tourism (CBT) office, Global Heritage Fund has been able to speed along the conservation work by providing the technical know-how and needed funding. Additionally, it assists with emergency structural issues within the complex. Years of shifting earth,

some looting and the advancing trees have taken their toll on Banteay Chhmar. I get the sense that the forest is reclaiming the temple for itself.

Hooper wants to create temporary, low-impact viewing platforms, so guests can see the complex from a bird’s eye view. The platforms would allow visitors a safe way to experience the heart of the temple, which currently is inaccessible because of unstable stone structures. Hooper explains that these temporary structures work well because they avoid heavy construction which could do long term damage to the site. For now, visitors walk on the ground amongst the ruins, witnessing the temple as westerners first discovered it.

The CBT has a clear list of plans needed to improve services to tourists. According to Sophal That of the CBT, about 40 percent of visitors spend a night in one of the villages’ six homestay

locations, the only overnight option. The homestays make up just a part of the CBT’s infrastructure around the Banteay Chhmar complex. The rest of the 74 council members are part of the hospitality network for visitors, which includes ox cart rides, silk weaving, woodcarving, traditional music concerts, rice wine distillation, beekeeping, bike tours and the women’s cooking group. The later are trained by Sala Bai and Hotel de la Paix in Siem Reap. An ox cart ride to visit some of the local businesses provides an interesting (but bumpy) two-hour addition to the main reason for your visit.

Future plans include English lessons for the tour guides and homestay families, improving the homestay facilities, establishing a CBT-run restaurant, and simpler transportation around Banteay Chhmar. Hooper has complete faith in his counterparts. “We’ve never questioned their business



sense,” he says. “For us, it’s all about training them to be ready for the changes that are coming down the line.”

And change will come. A sealed road is planned to start construction this year with a completion date hovering around 2012, at which point the villages of Banteay Chhmar will be a mere hour-and-a-half drive from Siem Reap or Battambang. This opens the day-trip

potential for large groups coming out of Siem Reap.

While more tourists are exactly what the community needs, busloads may be unfortunate. The isolation is what gives Banteay Chhmar its charm – no matter what time of day you visit, you are likely to be the only visitors. For the time being, there is no waiting for the hordes to move so you can snap a photo without people. There are

no tuk tuks, no elephants, no megabuses. There is just the temple, nature and friendly people there to help. All this makes now the right time for a visit.

■ GETTING THERE

From Phnom Penh Battambang makes a good mid-trip overnight location. Battambang is less than an hour’s drive along the final patch of sealed road to Sisophon,

where National Road 5 meets National Road 6 (an hour from Siem Reap). Buses run to Sisophon, but from there you need to hire a taxi on the unsealed Road 56 for the ride up to Banteay Chhmar. Locals pay US\$15-20.

Most travel agents can help book your stay in Banteay Chhmar. Contact Sophal That at tathsophal@yahoo.com Tel: 012 237 605 or Sy on 092 599 115. ■



Our Man in Bangkok

eat, drink, listen



Los Cabos



Iron Fairies

■ EAT

Los Cabos

Located in the former French ambassador's residence, a colonial Thai wooden house on Sukhumvit Road, this latest addition to Bangkok's Mexican restaurants offers a host of sharp and spicy dishes at reasonable prices (expect to pay 600 to 700 baht for a starter and a main). Los Cabos describes itself as a California Mexican Grill, so don't expect authentic home cooking or the more standard Tex-Mex affair. There's the usual offering of tacos, enchiladas, burritos and fajitas, plus some more, well, Californian dishes, such as Baked Oysters Los Cabos and Margarita Marinated Grilled Chicken. There's a good range of wines and cocktails, plus draft Paulaner beer and San Miguel in bottles. While the setting is relaxed and romantic, its best to opt for an inside table as it can get pretty hot on the veranda.

1 Sukhumvit Soi 14, Tel: 02-653 3900, www.loscabosbangkok.com

■ DRINK


Iron Fairies Antique Factory, Wine Bar & Restaurant

This recent arrival injects a healthy dose of creativity into the city's nightlife scene and it is probably the coolest bar in Bangkok. It's an oddball cross between a curiosity-cum-antiques shop — yes, you can actually buy the eponymous iron fairies themselves — and homage to the 1920s. Walls are daubed black, silent movies are projected on the walls upstairs, an in-house magician tours the tables impressing inebriated revellers with his slight of hand, and Doris Day classics are belted out from the cast-iron spiral stair case. The venue has the labyrinthine otherworldliness of a Terry Gilliam set with a touch of the bordello. Beers start from 120 baht a bottle, a well-mixed dirty martini goes for 280 baht and the burgers are divine.

394 Thonglor Road, tel: 084-520 2301, www.theironfairies.com

■ MUSIC

Bangkok Jazz Festival / Tom Jones

Finally a chance to enjoy live jazz away from the confines of stuffy bars at five-star hotels as local and international musicians are playing at CentralWorld every night from March 9-12. Performers include Christian McBride, Annekei, Melody Gardot, Jazz Kamikaze, Daryl Jones, Nathan East and Bob James. Tickets range from 1,000 to 1,800 baht. Fans of Jones the Voice will be readying themselves for such classics as Sex Bomb, Delilah and What's New Pussycat as the Welsh bard is set to rock the 'Kok on March 21 at Impact arena. Tickets start from 1,000 baht. Tickets for both events are available from www.thaiticketmajor.com 



*Le Bout Du Monde
Kep, Cambodia*

Le Bout du Monde,
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Dispatches

kiwis, kiddies and BAM!

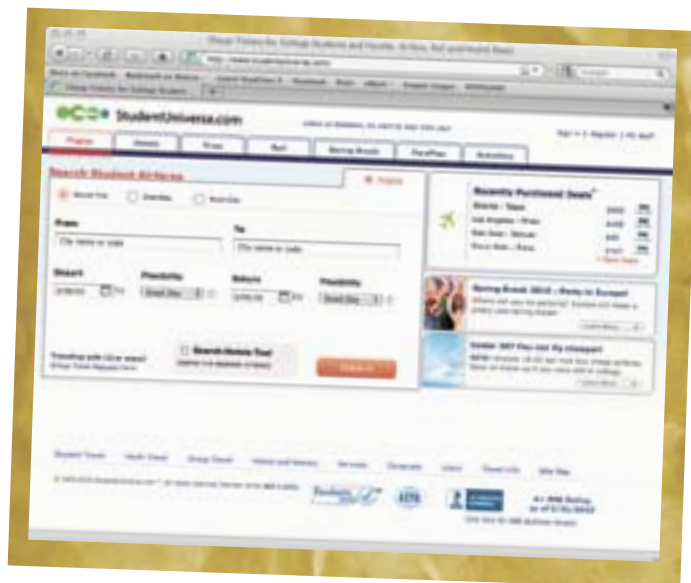
THE BRIDGE PROJECT RETURNS TO ASIA

Last spring, the Brooklyn Academy of Music and the Old Vic in London launched the Bridge Project, an ambitious joint venture that brought together American and British actors on the same stage under the direction of Tony and Academy Award winner Sam Mendes. This year, Mendes is back for the Bridge Project 2010, which will include engagements of William Shakespeare's *The Tempest* at the Hong Kong Arts Festival from March 25 through 28 and the Singapore Repertory Theatre from Apr. 2 through 10. The talented transatlantic cast has so far earned rave reviews throughout the play's run at the BAM, which earned five stars from *Time Out New York* and was called "...profound and luminous..." by the *Straits Times*. For more information, visit www.artsfestival.org (Hong Kong) and www.sistic.com.sg (Singapore).




MORE YOUNGSTERS FLY CHEAP WITH STUDENTUNIVERSE

Flashing a college ID card can earn you all sorts of perks. Until recently, one of those was access to StudentUniverse.com, a US-based service that brokers bargain-basement airfare for college students and faculty members by partnering with major airlines. But after 10 years of catering exclusively to academia, StudentUniverse has opened its discounts to anyone between the ages of 18 and 25. Designed for American and Canadian college students, the website currently offers flights from the United States and Canada to most major cities around the world and vice versa. So while you can't book a cheap flight from Hong Kong to Paris with StudentUniverse, you can fly from Europe, Asia, Australia and Central and South America to the States and Canada. That makes it a great tool for anyone studying or spending a gap year in North America. For more information, go to www.studentuniverse.com.



AIR NEW ZEALAND OVERHAULS ECONOMY CLASS

For homeward-bound Kiwi expats and foreigners eager to explore NZ during their time in Southeast Asia, the prospect of a 15-hour flight just became much more bearable. Starting this fall, Air New Zealand economy passengers will have three new seating options. The popular premium economy gets a complete redesign with the arrival of the Spaceseat, a hard-backed shell outfitted with two lounge chairs that slant outwards for increased privacy. Since the seats slide forward rather than pivot backwards, passengers don't have to worry about trespassing into others' space while reclining. In economy class, 22 three-seat rows can be flipped up La-Z-Boy-style and converted into Skycouches. The option seems targeted to couples, who can purchase a third seat at half price. Standard seating has also been upgraded with newly designed headrests and foot cushions and USB and power docks. These changes are complemented by interior design spruce ups and improved food and drink services, including on-demand food service and wine tastings. Customers can begin booking their new-and-improved seats next month. 



getaway



ChildSafe
network

A network protecting children from all forms of abuse.

www.childsafe-cambodia.org

battambang

La Villa

East bank of river, Tel: 012 826 186
www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms.

Riverside Balcony Bar & Restaurant

West bank of river, Tel: 012 437 421
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

chau Doc (vietnam)

Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010
www.victoriahotels-asia.com
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

phu quoc (vietnam)

Chenla Resort & Spa

Ong Lang Beach, Phu Quoc, Tel: +84 773 995 895,
www.chenla-resort.com
Luxurious resort and spa on the beautiful island of Phu Quoc is less than five hours away from Phnom Penh. Set on a quiet bay, 37 bungalows, including 6 Jacuzzi villas, a large swimming pool, relaxing spa and Mediterranean restaurant.

kampot

Bar Red

Old Market area, Tel: 092 724 720
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personal best Steve, or to try some Indian food including their gargantuan samosas.

Blissful Guest House

Kampot, Tel: 012 513 024
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

Bodhi Villa

Across the river, Kampot
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café

Old Market, Kampot
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

Jasmine

House 25 Riverside Road, Kampot
Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare. Also has photography decorating the walls, and occasional film nights.

Les Manguiers

2km north of Kampot, Tel: 092 330 050
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820
rikikititavi@asia.com
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

Rusty Keyhole

Riverfront, Kampot
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

kep

Beach House

Opp. Kep Beach, Tel: 012 240 090
www.thebeachhousekep.com
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain.

Breezes,

Route 33, Kep
Situated on the main coast road about halfway between Kep Beach and the ferry to Rabbit Island, this stylish restaurant and lounge is located right by the sea in a green, wooded area. The food is a fusion of Asian and western dishes with a focus on small dishes with plenty of seafood. Free pick-up and return to Kep hotels.

Champey Inn Resort

Tel: 012 501 742
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

Knai Bang Chatt Resort

Tel: 012 879 486
www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hoby cats.

Le Bout du Monde

Kep, Tel: 011 964 181
www.leboutdumondekep.com
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin

At the roundabout, Kep
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com
Traditional wooden bungalows set in the hillsides, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweep- ing views down to the coast.



phnom penh - deluxe

Amanjaya

1 Sisowath Quay, Tel: 023 214 747
www.amanjaya.com
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

Cambodiana

313 Sisowath Quay, Tel: 023 426 288
www.hotelcambodiana.com
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay, Tel: 023 214 555
www.himawarihôtel.com
The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

315 Sisowath Quay, Tel: 023 219 991
Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com
One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.affles.com
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

Sunway Hotel

1 Street 92, Tel: 023 430 333
www.sunway.com.kh
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. The use of the pool is open to the public. Adults US\$6, kids US\$4 and you can have drinks and food delivered from Man Han Lou Restaurant. The five bungalows and four rooms with air-con and bath, large safe, flatscreen tv. The onsite meeting rooms make Asia Club a good business option and hidden gem.

Almond Hotel

128F Sothearos Blvd, Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise

2C Street 278, Tel: 023 222 522,
www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

Billabong

5 Street 152, Tel: 023 223 703
www.thebillabonghotel.com
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

Blue Lime

42 Street 19z (off street 19), Tel: 0 23 22 260
www.bluelime.asia
Centrally-located mini-hotel with a great swimming pool and contemporary rooms. Good flashpacker option.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

DP Lodge

47 Street 322, Tel: 023 213 503
New hotel-restaurant catering to business travellers to the Penh. Housed in a large villa, it has a pleasant open-air balcony and good value food.

FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014
www.fccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

Goldiana

10-12 Street 282, Tel: 023 219 558
www.goldiana.com
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

Kabiki

22 Street 264, Tel: 023 222 290
www.thekabiki.com
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind (Children 2 yrs and below: FREE, Children 3 to 12: US\$3, Adults: US\$5). The rooms have a double bed and a bunk bed as well as a small outside area for small children. Bar

and Restaurant. Free WiFi.

The Quay

*Sisowath Quay, Tel: 023 224 894
www.chowcambodia.com*

Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

The Pavilion

*227 Street 19 Tel: 023 222 280
www.pavilion-cambodia.com*

Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

River 108

*2 Street 108, Tel: 023 218 785,
www.river108.com*

Art deco hotel aimed at the flashpacker set. The 12 rooms, six of them with river views, are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi, good working space and spacious rooms make this a perfect business option. If available opt for one of the front rooms, where the large balconies afford great riverside views.

Villa Langka

*14 Street 282, Tel: 012 449 857
www.villalangka.com*

Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

phnom penh - budget

Blue Dog Guest House

13 Street 51, Tel: 012 658 075

Small guesthouse close to the Golden Mile with cheap upstairs rooms, some with A/C. Khmer art gallery on the ground floor, features artwork by the owner. Also has ground-floor restaurant.

Bodhi Tree

50 Street 113, Tel: 023 998 424

Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng.

California 2

*79 Sisowath Quay, Tel: 077 503 144
www.cafecaliforniaphnompenh.com*

New guest house and bar on the riverfront with well-priced rooms with air con and security box. Downstairs bar has great Tex-Mex food and pool table.

Cara Hotel

18 Street 47, Tel: 023 430 666

Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

Feeling Home

*Cnr. streets 278 & 63, Tel: 023 221 522,
www.feelinghomecambodia.com*

Stylish nine-room boutique hotel with ample rooms at competitive rates, including flatscreen TV, air-con, security box and great beds. Also has two apartments, an Asian restaurant and a Café Sentiment.

L'Imprevu

*Highway 1, 7km past Monivong Bridge
Tel: 024 390 405*

www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077

Modern, clean 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

Tonle Sap Guest House

*4-6 Street 104,
Tel: 023 986 722*

www.tonlesapguesthouse.com
Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Velkommen Inn

23 Street 104, Tel: 092 177 710

Just off the riverfront, situated above Velkommen Inn Restaurant is the guest-house of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

sihanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502

Taco and seafood stall on one of Sihanoukville's most unspoilt beaches. Expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekreach Street, Tel: 012 478 510

Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. Open 9.30am to midnight.

Independence Hotel

Independence Beach, Tel: 012 728 090

Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant.

Le Vivier de 'La Pailote'

Victory Hill, Tel: 012 633 247

Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

Ekreach Street, Tel: 034 934 280

Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221

Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Reef Resort

*Road to Serendipity Beach,
Tel: 012 315 338,*

bookings@reefresort.com.kh

Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

Scuba Nation

Tel: 012 604 680 / 012 715 785

www.divecambodia.com

Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

Sokha Beach Resort

Sokha Beach, Tel: 034 935 999

With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night.

Starfish Bakery Café

Behind Samadera Market, Tel: 012 952 011

Excellent place for a healthy breakfast or lunch set in a relaxing garden with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Zoco

*Independence Hotel,
Road to Serendipity Beach*

Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another shop in Phnom Penh. **F**

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Independence Hotel
● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 301 / 012 728 090 / 012 221 373 • Fax: +855-34 933 660
Web: www.independencehotel.net • Email: info@independencehotel.net

unplugged

Vox Pop: About the KRT

Conor Wall hits the streets and gets a local take on the Khmer Rouge Tribunal.



■ **NAME:** Det

AGE: 33

NATIONALITY: Khmer

OCCUPATION: Taxi Driver

HAVE YOU BEEN FOLLOWING THE KHMER ROUGE TRIBUNAL?

Yes. Sometimes I bring tourists there, so I go inside to look too. I also follow the TV and newspaper reports.

DO YOU FEEL JUSTICE WILL BE SERVED?

I think the people who are facing charges in the court now will spend the rest of their lives in jail. So yes, justice will be served.



■ **NAME:** Phally

AGE: 68

NATIONALITY: Khmer

OCCUPATION: Retired

HAVE YOU BEEN FOLLOWING THE KHMER ROUGE TRIBUNAL?

At first I followed the trial every-day on TV and on the radio. Now I follow it once and a while.

DO YOU FEEL JUSTICE WILL BE SERVED?

During the Khmer Rouge, I lost 23 family members, so when the KRT started I was hopeful that justice would be served. However the trial has been going on for so long and nothing seems to have happened, so I have lost hope.



■ **NAME:** Peng

AGE: 28

NATIONALITY: Khmer

OCCUPATION: Tour Guide

HAVE YOU BEEN FOLLOWING THE KHMER ROUGE TRIBUNAL?

At first I followed the trials on TV and in the newspapers, but now I don't so much.

DO YOU FEEL JUSTICE WILL BE SERVED?

I don't know yet. The tribunal has had many problems and when I see the footage from the courtroom, it looks like the lawyers are playing a make-believe game. I feel as though it will never end.



■ **NAME:** Pouy

AGE: 32

NATIONALITY: Khmer

OCCUPATION: Labourer

HAVE YOU BEEN FOLLOWING THE KHMER ROUGE TRIBUNAL?

At first I followed it on TV and radio, but now I am too busy.

DO YOU FEEL JUSTICE WILL BE SERVED?

I think justice will be served, because some of the lawyers and judges are foreigners so I trust them.



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Keith Alan Kelly

Art Direction &
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Fear of Flying

Will discovers the real dangers of his three-year-old's love of destruction.



ILLUSTRATION BY WUTH / OUR BOOKS

I LOVE TO TRAVEL AND see the world, but Cambodia's reputation on mass transit isn't spectacular. Whether motodopes or tiny ferries in remote sections of the country, travel is a lesson in courage.

Certainly, Cambodian airline pilots are known for maximizing ridership on domestic flights, even if it means setting up plastic chairs in the centre aisle and squeezing a few passengers in the cockpit. Sadly, their zeal for packing in the paying customers is not matched with a desire to land the airplane on a runway, as evidenced by the mishap in Rattanakiri in November 2005.

But it's not just getting there, it's getting on the plane.

When I travel by air in Asia, I rarely have any troubles. The fact that I'm white and carry a shiny blue U.S. passport generally removes most of the unpleasantness of customs or security screenings. Any potential visa problems that have developed have been resolved with a polite chat and smile.

That aura of respect and innocent until proven guilty evaporates the moment I return to my home country.

When I was a young backpacker, I became used to extensive security screenings at U.S. airports — a situation exacerbated by my being a twenty-something male who bought one-way plane tickets with cash. I amassed red flags on my boarding pass like a communist parade.

After a few incidents where security personnel direct you to slowly sift through your personal belongings in the middle of a crowded terminal — along with embarrassed, mumbled explanations of novelty boxer shorts — you learn not to pack anything embarrassing. After a guard reacts in alarm to a pair of tweezers, you learn not to carry anything remotely suspicious. After being confronted by irate security guards over an empty plastic bag, you learn not to fly with luggage at all. Or more simply, you just stop flying.

But airplanes of all sizes are fascinating. So instead of Boeings and Airbuses, my son and I occasionally tramp out to a nearby empty lot to fly a model airplane. The fact that I, an adult, am eager to spend hours on what is essentially a toy is baffling to most Cambodians. But I am equally baffled by the desire to eat fermented fish paste.

While I enjoy the concentration and skill that it takes to guide a tiny, under-powered airplane, my son just wants to see it crash. At the moment I revel in my model-flying ability, my son starts yelling "Make it crash, daddy! Make it crash." Only 3 years old, and he already has the mentality of a Wall Street banker.


He's even mastered the iPod game "Flight Control," at least to his satisfaction. The purpose of the game is to safely direct planes and helicopters to the appropriate runway or landing pad, but he much prefers to "make the planes crash!" Nothing lights up his little

eyes like turning pixelated jets into flashing red failures.

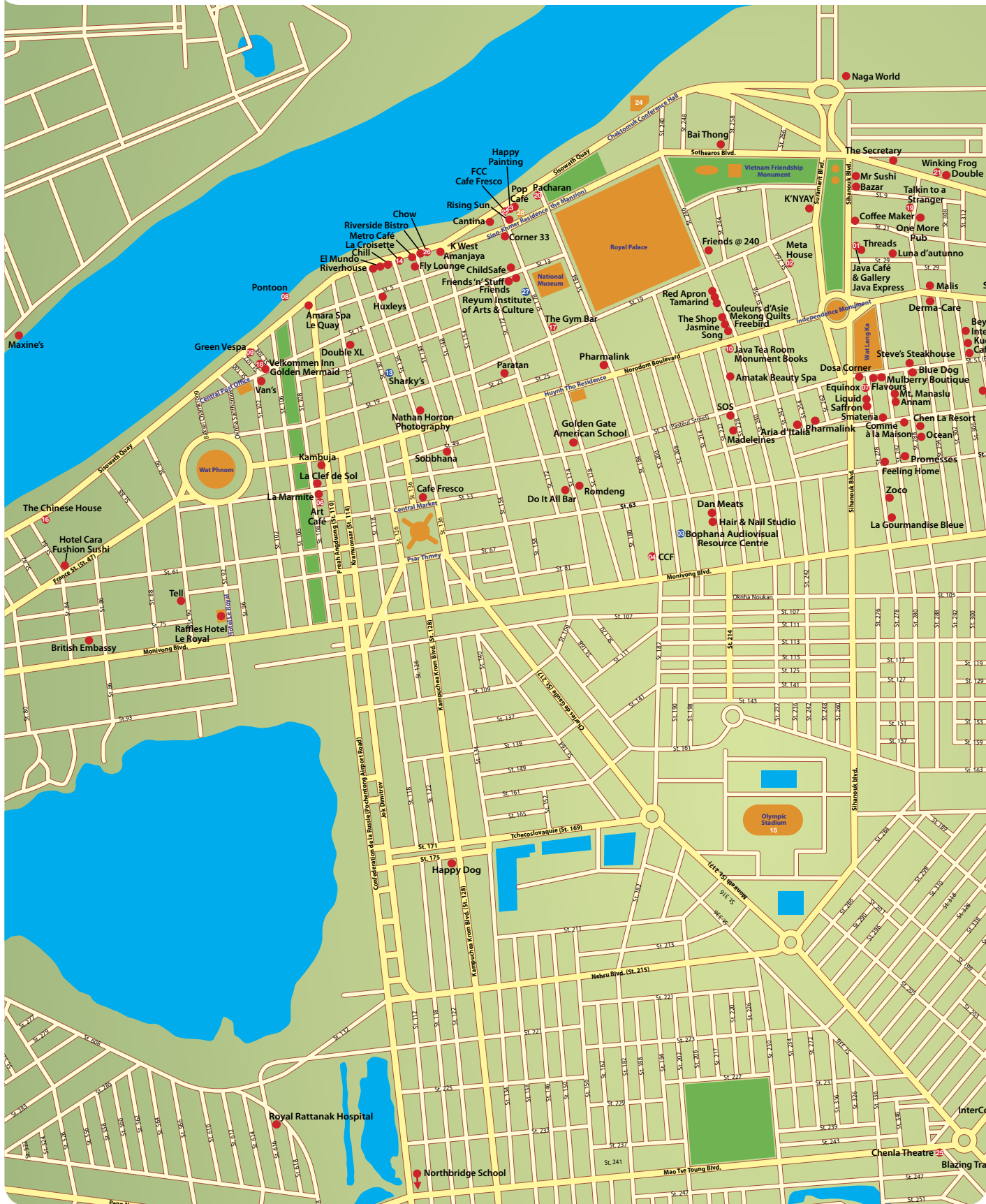
As terrorists invent ever more outlandish bomb-delivery mechanisms, to the point where even shoes and underwear have apparently become clear and present dangers, flying with a precocious toddler becomes more unnerving. Not because I am worried about being killed, I know the statistics and am less scared of flying than trusting my retirement account to the New York Stock Exchange. No, I'm worried that somewhere among the shoe-inspection station, laptop computer swabbing and 3-D full-body scanner, my little heir to the legacy of Jayvaraman is going to yell out "Daddy! Make the planes crash!"

There are some parts of the world I don't want to see.

Perhaps we can get one of those ferries to carry across the Pacific?

Will Koenig is a journalist in Oregon, where he lives with his wife and son. Email: will.koenig@gmail.com. 

phnom penh: central





WE'RE EXPERTS ON WATER TOO.

ENJOY WINNING

To ensure that we use only the freshest water available, we taste over 10 different water samples a day. It is then brewed together with the finest natural ingredients and undergoes over 200 quality checks. Not to mention a brewing process that takes more than 500 hours. Little wonder that it has won over 40 international awards and accolades. And counting.

March Horoscope

■ PISCES (FEB. 20 – MAR. 20)

Happy Birthday Pisces! This is an energizing month for you. Others are paying special attention to you and the feedback is good! You are beginning to feel more confidence professionally, and this confidence will only increase throughout the next few months. You feel that you can easily shed the unproductive and unhealthy attitudes that have been weighing you down.

■ ARIES (MAR. 21 – APR. 20)

You are certainly regaining your confidence this month, Aries. While the changes may not be dramatic, they are definitely indicating that you are moving forward and coming out of your shell. Decisions are coming to you more clearly, plans are straightening out, and your romantic life is less confused. You know your position. Excellent days for good favour, partnering, and personal appeal are the 7th, 8th, 17th, and 21st.

■ TAURUS (APR. 21 – MAY 21)

Friendships are especially dear to you this month, Taurus. You are meeting new people and enjoying making contact. For some of you, your romantic life could involve some sacrifices from the 7th forward. Others are keeping your love life secret for the time being and enjoying your privacy. In the next few months you will be seeing to it that any complicated or confusing matters at home are straightened out.

■ GEMINI (MAY 22 – JUN. 21)

Your career is on the upswing in this month, Gemini. Pleasantly surprising events are happening in your career mid-month. The 7th and 8th are also good for positive energy in love and partnership. In general, people in your life are becoming more accommodating from the 10th forward. Wonderful conversations with friends and lovers this month help to lift your spirits.

■ CANCER (JUN. 22 – JUL. 22)

Practical matters, including finances and career, are beginning to clear up for you this month, Gemini. You are putting confusing situations and insecurities about your earning power or career path behind you. You are also making beneficial connections and finding it easy to take problems in stride. Some of you are considering taking courses that will boost your professional appeal.

■ LEO (JUL. 23 – AUG. 22)

After some months of introspection and perhaps hesitancy, you are regaining confidence. You are figuring out what it is you want, personal plans are beginning to move forward, and your decision-making ability is now back on track. It's easier to find support from others, and for some of you to obtain or manage loans, particularly around the 15th, when you are pleasantly surprised by the help you receive.

■ VIRGO (AUG. 23 – SEP. 23)

Strong energy for love is with you this month, Virgo. Whether it's about reconciliation, enhancing a partnership, or attracting a new relationship, the cosmos are lending a helping hand. The 14th through to the 17th brings pleasant surprises in love. Complications in your intimate life or with shared finances begin to disappear this month, and you are beginning to see some real progress.

■ LIBRA (SEP. 24 – OCT. 23)

You continue to work hard and get your practical affairs into order this month, Libra. Changes are in the air for your personal relationships this month, and you will be thoroughly enjoying the increased clarity. After some months of not really knowing where you stand in a friendship or partnership, matters become clearer and the people in your life more straightforward. The 7th, 8th, 21st, and 22nd are strong days for opportunities.

■ SCORPIO (OCT. 24 – NOV. 22)

Work and career matters are starting to move forward for you now, Scorpio. After some months of delays, stalled plans, and perhaps lack of enthusiasm, you are starting to regain confidence, passion, and interest in your work. You can prepare yourself for a busy and active professional life in the next few months. Expect pleasurable surprises and attention around the 16th.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

A very pleasing and heart-warming

month is in store for you, dear Sagittarius. After months of confusing signals in the romance department, love becomes clearer and you are rebuilding your faith and confidence in people around you. From the 7th forward, in fact, your personal charisma skyrockets. Home life is rewarding and supportive, especially since you are giving back and taking the time to make family feel special.

■ CAPRICORN (DEC. 22 – JAN. 20)

You are feeling empowered and productive this month, with energy to spare, Capricorn. Family and domestic conditions improve this month, as do finances. You begin March with a lot of 'little things' to do, errands, returning phone calls and emails, appointments, and paperwork. The 17th brings surprising but pleasant news. As the month advances, much pleasure is derived from family and home life, even if the pressures of work still call you.

■ AQUARIUS (JAN. 21 – FEB. 19)

Focus continues to be on possessions, comfort, and practical matters this month, Aquarius. March is a strong month for taking charge of your finances and for monetizing creative projects or hobbies. You will find yourself feeling more mobile, cheerful in attitude, and communicative after the 10th. After a few months of some confusion or lack of clarity in your love life, relationships begin to regain momentum. ■



This Month in History

corps, bells, caesar, gas, terror



■ GIVE PEACE A CHANCE

March 1, 1961

President John F. Kennedy established the Peace Corps, an organisation sending American volunteers to developing countries to assist with health care, education and other basic human needs. Run by the U.S. government, the organisation declares its purpose as “To promote world peace and friendship through a Peace Corps, which shall make available to interested countries and areas men and women of the United States qualified for service abroad and willing to serve, under conditions of hardship if necessary, to help the peoples of such countries and areas in meeting their needs for trained manpower.” To date, nearly 200,000 volunteers have brought American know-how to at least 139 countries, including Cambodia.

■ BELL BRINGS THE RING

March 3, 1847

The seeds of the communications revolution were sown on March 3, 1847 when telephone inventor Alexander Graham Bell (1847-1922) was born in Edinburgh,



Scotland. With a deaf mother and wife, Bell along with his father were involved in teaching deaf persons to speak, which also led them to experiment with developing hearing devices. Bell's exploration of using the vibrating membrane as a method of electrically transmitting sounds culminated in the first telephone, with which the inventor called his assistant on March 10, 1876. The first sentence uttered on a phone was “Mister Watson, come here, I want you.”

■ ET TU BRUTE?

March 15, 44 B.C.

Emperor Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and uttered the fame phrase “Et tu, Brute?” (You too, Brutus?). Realising the game was up, Caesar then stopped struggling and was subsequently stabbed to death. Declared a “dictator in perpetuity”, Caesar had transformed the

Roman Republic into an Empire reaching all the way to the North Sea. His domestic restructuring of both society and government however, angered rival politicians, prompting his assassination. Two years after his death, the Roman Senate officially sanctified Caesar as one of the Roman deities.

■ METRO GAS ATTACK

March 20, 1995

A deadly nerve gas attack occurred on the Tokyo subway system during rush hour resulting in 12 persons killed and 5,000 injured. The most serious attack in Japan since WWII, the incident was a work of domestic terrorism by members of a religious cult called Aum Shinrikyo. Leaving packets containing the highly deadly chemical liquid sarin to evaporate on jam-packed trains, the perpetrators targeted five lines. As passengers began falling ill, they slowly began to realise something was wrong, though what exactly had occurred did not transpire until later and trains contaminated by the chemical continued operating for some



time. Many of the perpetrators were later caught and sentenced to death, though one of the get-away drivers remains at large.

■ WAR ON TERROR

March 19, 2003

George W. Bush got the world into a war on terror as the United States launched an attack against Iraq to topple dictator Saddam Hussein from power. Under the name Operation Iraqi Freedom, the U.S. commenced with aerial strikes against military sites, followed the next day by an invasion of southern Iraq by U.S. and British ground troops. While citizens around the world took to the street in protest of the invasion, troops made rapid progress northward and conquered the country's capital, Baghdad, just 21 days after the initial attack, effectively ending the rule of Saddam Hussein. Despite declarations of victory, the war however continues to this day, having resulted in no less than 95,000 civilian deaths according to Iraq Body Count (www.iraqbodycount.org). ■

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Mar. 1 – Ron Howard (56), Harry Belafonte (83); **Mar. 2** – Jon Bon Jovi (48), Mikhail Gorbachev (79); **Mar. 6** – Shaquille O’Neal (38); **Mar. 7** – Rachel Weisz (39); **Mar. 8** – Freddie Prinze Jr. (34); **Mar. 9** – Lil Bow Wow (23), Juliette Binoche (46), Bobby Fischer (67); **Mar. 10** – Timbaland (39), Prince Edward (46), Sharon Stone & Osama Bin Laden (Both 52), Chuck Norris (70); **Mar. 11** – Bobby McFerrin (60); **Mar. 12** – James Taylor (62), Liza Minnelli (64); **Mar. 13** – William H. Macy (60); **Mar. 14** – Billy Crystal (63), Michael Caine (77); **Mar. 15** – Fabio (49); **Mar. 17** – Rob Low (46), Gary Sinise (55); **Mar. 18** – Queen Latifah (40); **Mar. 19** – Bruce Willis (55), Glenn Close (63); **Mar. 20** – Holly Hunter (52), Spike Lee (53); **Mar. 21** – Matthew Broderick (48), Gary Oldman (52); **Mar. 22** – Reese Witherspoon (34), Andrew Lloyd Webber (62); **Mar. 25** – Sarah Jessica Parker (45), Elton John (63); **Mar. 27** – Mariah Carey (40), Quentin Trantino (47); **Mar. 28** – Vince Vaughn (40); **Mar. 29** – Simon Power (30), Lucy Lawless (42); **Mar. 30** – Norah Jones (31), Celine Dion (42), M.C. Hammer (48), Eric Clapton (65), Warren Beatty (73); **Mar. 31** – Ewan McGregor (39), Christopher Walken (67), Cesar Chavez (83). ■

The QuizMaster

■ A CALL TO ARMS!

1. To be a true Cockney what are you supposed to be born within the sound of?
2. Which female topped the charts in 1999 with the song 'Hit Me Baby One More Time'?
3. What is the name of the villain in 'The Threepenny Opera' and also the name of a song performed by, amongst others, Roger Daltrey, The Doors, The Psychedelic Furs and Frank Sinatra?
4. What was the capital of England before London?
5. Which musical features the song 'Anything You Can Do, I Can Do Better'?
6. Which Walt Disney animation film told the legend of the young King Arthur?
7. Whose 1977 version of 'God Save The Queen' was banned by the BBC?
8. Which 1988 Western film featured a gang called the Regulators and starred Kiefer Sutherland, Charlie Sheen and his brother Emilio Estevez?
9. Which song, taking its name from the main Character in Beverley Hills Cop, was remixed and released by Crazy Frog in 2005?
10. What is the capital of the Canadian North West Territories?

■ CATCHPHRASES

- which characters are associated with the follo-wing?
11. Zoiks!
 12. Luvvly Jubbly!
 13. Correctomundo

14. I love it when a plan comes together.
15. Oh, just one more thing ...
16. Space, the final frontier
17. Whatchoo talkin' 'bout, Willis?
18. Eat my shorts!
19. Go ahead, make my day.
20. I'm getting too old for this shit

■ WE LOVE PHNOM PENH IN THE SPRINGTIME

21. Springfield was founded in 1796 by a band led by Jedediah Springfield. Who are Springfield's most famous residents?
22. If Autumn is autumnal, what is Spring?
23. Whose law states that the extension of a spring is in direct proportion with the load added to it?
24. What breed of gun dog can be English or Welsh?
25. What nationality is the businessman, sportsman and politician Dick Spring?
26. What is the second largest city in the Australia's Northern Territory?
27. Which American singer-songwriter is nickname, The Boss?
28. What is the state capital of Illinois?
29. Russia- born composer Igor Stravinsky is perhaps best known for the music for which ballet?
30. What is the next line of these lyrics "You make me feel so Young, You make me feel like..."?

■ ANSWERS ON PAGE 56

Sudoku



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We've eased up on you a bit this month. It should be a breeze for seasoned Sudoku slickers and a great one for those of you who are just cutting your Sudoku teeth. Enjoy!

Level: Extremely Easy **Gwan Ching Lee's time:** 2 minutes 45 seconds

3		6	5					
9				1	2	7		
					9		6	8
		8						3
	6	7				8	4	
1						6		
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		1	8	4				2
					7	3		5

ANSWERS ON PAGE 57

Win a Free Stay at 4 Rivers

■ LAY OF THE LAW

4 Rivers Eco-Lodge Resort in Koh Kong is offering a three-day, two-night package at the resort for the lucky winners of a simple competition. Get yourself a partner and send in the correct answers to the questions below and you could be one of two couples winning an all-expenses-paid package at the resort, where you will be pampered and entertained, dine on gourmet meals chased down with fine wines and explore a natural, unspoiled paradise from kayak, dugout or powerboat. Based on the wildlife in the Cardamom mountains as pictured on the 4 Rivers website (www.ecolodges.asia), your easy task is to identify the indigenous animals posed by the following questions:

- In the sky with spots*
- No horns of a dilemma for this heavyweight*
- Black-necked baby delivery service*
- Nosy variant with smaller ears than its cousin*
- Rare friend of Winnie the Pooh*

Competition entries should be sent to Valentin Pawlik at Indochine Lodges Ltd, 313 Sisowath Quay, Hotel Cambodiana, Office 2, Phnom Penh or e-mailed to valentin@ecolodges.asia. The competition closes on Apr. 30 and winners will be announced by May 16. For full competition rules, please see www.asialifeguide.com. Also see ad on page 11.

Quote Unquote

■ LAY OF THE LAW

A court is a place where what was confused before becomes more unsettled than ever.

– Henry Waldorf Francis

We have a criminal jury system, which is superior to any in the world; and its efficiency is only marred by the difficulty of finding twelve men every day who don't know anything and can't read.

– Mark Twain

Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws.

– Plato

ប្រះដងមាស ២

អង្គការសម្ព័ន្ធកីឡាបាល់ទះជនពិការជាតិកម្ពុជា
សូមថ្លែងអំណរអរគុណ យ៉ាងជ្រាលជ្រៅបំផុតដល់
សម្តេចអគ្គមហាសេនាបតីតេជោ **ហ៊ុន សែន** និង
លោកជំទាវបណ្ឌិត **ប៊ុន រ៉ានី ហ៊ុន សែន** ដែលជាឪពុកម្តាយ
បានផ្តល់នូវវិភាគគាំទ្រដល់គំរោងកម្មវិធីរបស់អង្គការសម្ព័ន្ធ
កីឡាបាល់ទះជនពិការជាតិកម្ពុជា នៅឆ្នាំ ២០១០ នេះ។

The **CNVLD** is very honored to thank
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